Survivorship Series: Young Women with Breast Cancer

We invite you to join program leaders and fellow young breast cancer survivors from Smilow Cancer Hospital Care Center at Greenwich Hospital's Living Beyond Breast Cancer (LBBC) program for four interactive afternoons of sharing and education.

Topics are geared to women diagnosed with breast cancer before age 50, including early menopause, long-term effects of treatment, sex and intimacy, and self-care after breast cancer. You will learn tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health.

Hosted by:

Carolyn Maguire, BSN, RN, OCN, Oncology Breast Nurse Coordinator Heather L. Studwell, MS, OTR/L, MBA, CLT, Oncology Survivorship Coordinator

February

- 7 | Self-care after breast cancer
- 14 | Let's talk about sex and breast cancer
- 21 | Hot and Bothered: Early menopause
- 28 | Stay Alert: Managing long-term and late side effects

Each session starts at 12:30pm, and has a 15-person limit. Registration is required.

Scan the QR code to RSVP or visit <u>bit.ly/47UJxnp</u>



LIVING BEYOND BREAST CANCER®

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