

Survivorship Series for Young Women with Breast Cancer

The Survivorship Series will give you tips and tools to:

- Help you cope with your diagnosis and common side effects
- Build confidence
- Empower you to take charge of your health

Topics are geared to women found to have breast cancer before age 45 and include early menopause, long-term effects of treatment, sex and intimacy, and self-care after breast cancer.



Sessions

July 8, 2021 at 6:30pm

Hot and bothered: Coping with early menopause

July 15, 2021 at 6:30pm

Stay Alert: Managing long-term side effects

July 22, 2021 at 6:30pm

Let's talk about sex and breast cancer

July 29, 2021 at 6:30pm

Self-care after breast cancer

Please RSVP by July 2, 2021 to:
Heather.Waggoner@MHSHealth.com

These classes will be offered **virtually**.

Gift for those who attend!

In Partnership With



**LIVING BEYOND
BREAST CANCER®**