

Moving On: Life After Breast Cancer

Support and Information for a Healthy Survivorship

We invite you to join us for this free educational program. You'll learn important information and get the support you need to help you live your best life. This program is open to all breast cancer survivors in the community, regardless of where you were treated.

Topics Include:

Your Survivorship Plan | Transitioning from Patient to Survivor | Exercise | Nutrition | Fatigue | Memory and Concentration | Lymphedema | Osteoporosis Prevention | Stress Management | Hormones and Hot Flashes | Sexuality, Body Image, and Relationships | Medical Surveillance | Fears of Recurrence

2016 Fall Workshop

St. Luke's Boise Anderson Center

**Friday, Nov. 4th 3:00 to 6:30,
& Sat., Nov. 5th, 9:00 to 4:00**

Registration is required. To register call (208) 706-7286 or email survivorship@slhs.org.



stlukesonline.org