

PROGRAMS FOR WOMEN WITH METASTATIC BREAST CANCER

Sponsored by a grant from Susan G. Komen Northeastern New York

MINDFULNESS-BASED STRESS REDUCTION

— The science behind Mindfulness Based Stress Reduction shows it dissipates stress, anxiousness, unhappiness, and feelings of exhaustion. LEARN by experiencing directly how to gradually settle your mind and enhance natural happiness and contentment using Mindfulness Meditation.

Greene County: Catskill Community Center: 344 Main St, Catskill, NY

August 27 at noon

Speaker: Mary Guip, psychiatric nurse, BBA, RN, ERYT-500

NUTRITION TO CONTROL CANCER: WHAT TO EAT & WHY

— Studies show diet, exercise, thoughts, feelings and environmental toxins all influence the initiation, growth and progression of cancer. We can alter how our genes are expressed by changing the inputs that control that expression: Diet, nutrients, phytonutrients, toxins, stress, and other sources of inflammation.

Columbia County: Chatham Middle School. 50 Woodbridge Ave Chatham.

September 24 at noon

Speaker: Elizabeth Boham, MD, MS, RD

PHYSICIAN PANEL FROM NY PRESBYTERIAN/LAWRENCE HOSPITAL: WHAT YOU NEED TO KNOW

—This panel will cover topics including: Emerging treatments; Standard of Care for different types of disease; Localized vs. Systemic; Testing for effectiveness of treatments; What to do about treatment side effects; Palliative care...not just for end of life; Discussion on testing for progression using tumor markers and scans should not be done too often and why.

**Columbia County: Hudson. Columbia Greene Community College, 4400 NY-23, Hudson
October 1 at noon**

MANAGEMENT OF TREATMENT SIDE EFFECTS

— Learn how to manage side effects that result from cancer treatments.

Greene County: Mountain Top Library 6093 Main St. PO Box 427 Tannersville

Saturday October 22 at noon

Speaker TBA

**REGISTRATION IS REQUIRED! A light lunch will be provided. Open to the public.
To register for any programs email: hopenemiroff@yahoo.com or 845-339-4673**

Breast Cancer Options provides FREE grassroots, peer-led support, education and advocacy services for women with breast cancer in the Hudson Valley. In many areas we are the only service provider.

See our website: www.BreastCancerOptions.org