

# Breast Health **EMPOWERMENT** Day



Please join us!

Both events are

**FREE**

**Saturday, October 26, 2019**

## **Breast Health Symposium**

Saturday, 8:30 A.M – 11:45 A.M.

*Open to the public*

Winchester Medical Center Conference Center

1888 Amherst Street, Winchester

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## **Afternoon Celebration for Breast Cancer Survivors**

Saturday, 12:15 – 4:30 P.M.

*Open to all breast cancer survivors, their partners or caregivers*

Winchester Medical Center Conference Center

Fully funded by the  
Winchester Medical Center Foundation

 **ValleyHealth**  
Cancer Center

## Free breast health symposium, 8:30–11:45 A.M.

“There is no sure way to prevent breast cancer. But there are things you can do that might lower your risk.”\*

**William Houck III, MD, Anita Minghini, MD, and Christopher Nieman, MD**, will discuss current breast health topics as part of a panel discussion with a Q&A session.

**Joshua Shade, CET, ACSM-CPT**, an American College of Sports Medicine certified Cancer Exercise Trainer, certified Personal Trainer and Exercise is Medicine® credentialed exercise professional, along with **Katlyn Frye, RD, CSOWM**, a registered dietitian, certified specialist in obesity and weight management and American College of Sports Medicine Certified Personal Trainer, will discuss: *“Why Weight? The Role of Exercise, Nutrition and Weight Management in Breast Cancer Prevention.”*

Breakfast will be provided.

\*Source: American Cancer Society

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## Special afternoon celebration for breast cancer survivors, 12:15–4:30 P.M.

**Marylinn Minor**, Virginia Breast Cancer Foundation Board member and Vice President of Advocacy, will share information on several pieces of state and federal legislation related to breast cancer patients. Empower yourself with knowledge as you advocate for yourself.

**Tina M. Johnston, LPC**, a licensed professional counselor, will join us and offer ways to promote self-growth, recovery, serenity and balance as people navigate life’s transitions and challenges.

*“Design a Life you Love”* with an expressive art project.

A celebratory lunch is included! Please note special food needs or allergies.

### To register:

Visit [www.valleyhealthlink.com/events/bhempowerment19](http://www.valleyhealthlink.com/events/bhempowerment19) and register online by Friday, October 18. Please note that if you wish to attend both the breast health symposium and the celebration for breast cancer survivors, you must register for **both** events.

If you have questions or need more information, call 540-536-8920 or email [ddenitto@valleyhealthlink.com](mailto:ddenitto@valleyhealthlink.com).