



SURVIVORSHIP SERIES FOR YOUNG WOMEN



SELF-CARE AFTER BREAST CANCER

WEDNESDAY, AUGUST 14, 2024

10:00 am – 12:00 pm | VIRTUAL

RSVP by July 31

Link will be e-mailed to you a couple of days before the event

ABOUT THE CLASS:

You have been through a lot. Taking care of yourself physically, mentally and spiritually is important. Learn how exercise, nutrition, and cancer and genetic screening can play a critical role in your health.

**REGISTER AT WWW.QUEENS.ORG/EVENTS/
OR BY CALLING 808-691-8914**

RSVP DATES ARE FIRM

Powerpoint decks, resources, and a free gift will be mailed directly to you prior to registered sessions!

PRESENTED BY:



**THE QUEEN'S
HEALTH SYSTEM**
Your Lifetime Partner in Health

IN PARTNERSHIP WITH:



**LIVING BEYOND
BREAST CANCER®**