



What's Happening in January?

Understanding HER2+ Breast Cancer

Tuesday, Jan. 10th, 6:30-8:00pm

Learn from an oncology clinician, **Listen** to a HER Story Ambassador share her story, and **Understand** your potential treatment options. This one-time presentation features Shelly Slabe, Nurse Educator and HER Story Ambassador. This program is sponsored by Genentech BioOncology. Light refreshments will be served!

Connect Workshop: Progress in the Treatment of Thyroid Cancer

Tuesday, Jan. 10th, 1:30-2:30pm

Join us as we listen in on the phone to oncology experts in the field. This month's topic is progress in the treatment of thyroid cancer. Sponsored by CancerCare.

"Be Naked" Nutrition w/ Jen Kremer – The Importance of Juicing & Enjoying Winter Veggies

Thursday Jan. 12th, 6:30-8:00 & Tuesday, Jan. 17th, 2:00-3:00pm

Jen Kremer, creator of "Be Naked" nutrition, is holding two separate cooking demonstrations. The first will focus on the importance of juicing, its weight loss and medicinal effects. For her second cooking demo, she will be using winter veggies to make a soup, salad and dessert. Don't miss it!

Dinner & a Lecture: Using NCCN Guidelines for Treatment of Breast and Ovarian Cancer

Tuesday, Jan. 17th, 6:30-8:00pm

Ever wonder how doctors decide what treatment you should get? Do you sometimes meet others with the same diagnoses but different approaches to care? Learn the facts straight from the people who make the decisions. Joan McClure, senior vice president of the National Comprehensive Cancer Network, will explain screening, risk reduction and treatment of these cancers emphasizing evidence based guidelines to make treatment decisions. Joan will also talk about how they tailor to women's individual circumstances.

Workshop: Achieve a New Outlook on Life

Thursday, Jan. 19th, 6:30-8:00pm

Get an uplifting new lease on life through learning something you might have had a fear of doing. Get some **JOY** as you create, laugh, sing and achieve a new outlook on life! Learn about the "Healing Arts" of painting, music and creative writing with Nancy Collier, founder and director of "New Outlook Therapy."

The Marshall Saturday Morning Men's Breakfast with Glen Miller

Saturday, January 21st, 8:00-10:00am

Glen Miller is a staff sergeant, LRRP Team Leader and part of the 75th Ranger Regiment. He will be giving a presentation entitled "Getting Drafted (into the ARMY) isn't Funny". He brings great personality and humor to his presentations. Don't miss it!

Holistic Health: Do We Need Milk?

Tuesday, Jan. 31st, 10:30am-12:00pm

What are the benefits of milk if any? Does milk help with calcium and bone health?
Join Christine Ballantine to discuss!

In honor of Cervical Cancer Awareness Month, we would like to highlight our "Gynecological Cancer Support Group" at our Abington Hospital Satellite. Come join us Monday, January 30th at 12:30pm for a group and receive information regarding gynecological cancers.