



Women's Cancer Virtual Education Series 2021

The experts of the Magee-Womens Cancer Program, part of UPMC Hillman Cancer Center, offer the *Women's Cancer Education Series* to provide you and your loved ones with the latest information on women's cancer and supportive care in women's health.

The Women's Cancer Education Series is **free** for anyone seeking up-to-date information about women's cancer – whether newly diagnosed, metastatic, or long-time survivors, their family and friends, and those who are concerned about the disease.

Experts present on a variety of topics related to women's cancer, followed by a question and answer session. Participants have the opportunity to learn from women's cancer experts, as well as from other participants' experiences and exchange of information.

February 11

COVID, Cancer, and Exercise: Building a Strong Immune System

Presenter: Janette Poppenberg, ACSM/ACS Certified Cancer Exercise Trainer; Certified Exercise Physiologist

March 11

Treat Your Body Like an Eco System

Presenters: Chef Jon Polley and Karen Kubas, MS, RDN, CSO, LDN

April 8

A Meditation Exercise: The Mind, Body, Spirit Connection

Presenters: Nurse Ambassadors Rosanne Berube, RN, BSN, OCN and Jennifer Matthews, RN, BSN, OCN

May 13

Support of Your Support Team

Presenters: CARE Center: Heidi Donovan, PhD, RN, and Our Clubhouse: Abby Ziegler, MS, CCLS

August 12

Genetics and High Risk

Presenters: Darcy L. Thull, MS, Licensed Genetic Counselor and Katherine D'Antonio, PhD, PA-C

September 9

Self-Image and Sexuality

Presenters: Dana Kirkpatrick, MS, NCC, LPC, Certified Sex Therapist and Nora Lersch, MS, RN, FNP-BC, AOCNP

October 14

Financial Toxicity and Solutions

Presenters: Sarah M. Belcher, PhD, RN, OCN and Sara B Maloney, LCSW, MSW

Event Details

Cost:

Free. Microsoft Teams is a free download through Apple or Google Play.

Place:

Virtual setting through Microsoft Teams. Join on your computer or mobile app **HERE** or via audio only conference call at **412-447-5295**.

Conference ID: **506 052 997**

For any questions about the Education Series, please contact navigation at **412-641-4469**.

Time:

5:30 to 6:30 p.m. – Presentation

6:30 to 7 p.m. – Q & A

**Beginning in April, each presentation will start with "Meet Your Ingredients" by Chef Jon Polley and Karen Kubas.*

