

Maintaining a Healthy Lifestyle

For Breast Cancer Survivors



Offered by the new Breast Cancer Support Group at McLaren Bay Region

July - Please note date change due to 4th of July holiday

"Tips, Tricks & Summer Grilling"

Presented by: Jim Martini, Executive Chef at McLaren Bay Region

Thursday, July 12th at 6:00 p.m.

August - New daytime Support Group offered beginning in August! Attend either the day or evening program, whatever works best for your busy schedule!

"Helping Relationships Survive a Serious Diagnosis"

Presented by: Diane Julian, Social Worker

Thursday, August 2nd at 6:00 p.m. &

Tuesday, August 21st at 12:15 p.m.

September

"Germophobia & The Truth About Germs"

Presented by: Joyce Duyser, RN, Oncology

Thursday, September 6th at 6:00 p.m. &

Tuesday, September 18th at 12:15 p.m.

All the meetings will be held in the conference room at the Women's Health Pavilion, 3175 W. Professional Drive - located on McLaren Bay Region's West Campus.

Guests are welcome to join you!

RSVP requested by calling Nancy at 989.667.6357.

July
August
September

 **McLaren**

BAY REGION

Your Hosts



**Randal Croshaw, MD,
Breast Surgeon**

and

**Nancy Morrow, RN,
Breast Health Navigator**

will be your hosts for the evening and will also be available to answer any individual questions that you may have.