

# Maintaining a Healthy Lifestyle

## For Breast Cancer Survivors



Offered by the Breast Cancer Support Group at McLaren Bay Region

### January

#### **"Programs & Services Offered by the American Cancer Society"**

Presented by: Brian Krause, American Cancer Society

Thursday, January 3rd at 6:00 p.m.

Tuesday, January 15th at 12:15 p.m.

### February

#### **"Acupuncture and Complementary Medicine"**

Presented by: Charlotte Yang, MD

Thursday, February 7th at 6:00 p.m.

Tuesday, February 19th at 12:15 p.m.

**Please note: Dr. Yang's presentation on Feb. 7th will be videotaped and shared during the Feb. 19th meeting (only the speaker and her presentation will be videotaped)**

### March

#### **"Balancing Energy with Reiki"**

Presented by: M.J. Potter, Reiki Master

Thursday, March 7th at 6:00 p.m.

Tuesday, March 19th at 12:15 p.m.

**Please note: The Reiki presentation on March 7th will be videotaped and shared during the March 19th meeting (only the speaker and her presentation will be videotaped)**

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.**

**January  
February  
March  
2013**

 **McLaren**  
BAY REGION

### Your Hosts



**Randal Croshaw, MD,  
Breast Surgeon  
and**



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

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