



Maintaining a Healthy Lifestyle

January
February
2014

➤ The Breast Cancer Support Group at McLaren Bay Region proudly offers a Breast Cancer Educational Forum for new patients, caregivers, and survivors.

Join us for a presentation and answer session of a topic related to breast cancer. This is followed by a meeting of our support group that you are welcome to listen, ask questions, or participate if you desire.

January

Breast Reconstruction

Presented by: Julie Sofer, DO, Plastic and Reconstructive Surgeon,
McLaren Bay Region Plastic & Reconstructive Surgery

Thursday, January 2nd at 6:00 p.m.

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

February

The Power of Meditation - Finding Strength & Peace Within

Presented by: Barbara Walkley, B.M.ed, MA, M.S.A., Director of
Religious Education, St. Maria Goretti Parish Association - Bay City

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

Tuesday, February 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, but not
required to Nancy at 989-667-6357.*

Your Hosts



**Randal Croshaw, MD,
Breast Surgeon**

and

**Nancy Morrow, RN
Breast Health Navigator**

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