



Maintaining a Healthy Lifestyle

✦ In honor of National Breast Cancer Awareness Month in October,
the Breast Cancer Support Group at McLaren Bay Region is proud to offer

Laff Jest For The Health Of It!

Thursday, October 3, 2013

6:00 p.m.

Lincoln Center, 820 S. Lincoln Street, Bay City

No cost to attend

October
2013

We hunger for humor and we long for laughter. Yet many don't realize how vital these "nutrients" are for the well being of our bodymindspirits. We'll look at benefits, practice hearty laughter and leave energized with hopes no one will die laughing.

Our speaker is Sister Sue Tracy, a Dominican Sister of Grand Rapids for 53 years, and the staff chaplain at Spectrum Health Butterworth Campus in Grand Rapids where she offers spiritual care to those coping with cancer plus their families. Sister Sue is a four time cancer survivor/thriver: Breast Cancer in 1986 and 1993, Non-Hodgkins Lymphoma in 1999, and several skin cancers in 2002-2009. Sister Sue is a well-known local, state and national speaker who also is a contributing author in *Chicken Soup for the Surviving Soul* (1996) and *Praying through Cancer: Set Your Heart Free from Fear* (2006).

RSVP requested by calling toll-free 1-877-411-2762 anytime.

