

ywbp Monthly Calendar of Classes and Events

October

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1	2	3 Healthy Cooking Club 10:30 to 11:30 a.m.	4
7	8	9 Lymphedema Education 4:15 to 5 p.m.	10	11 Young Women's online support and discussion group Noon to 1 p.m.
14	15 Breast Cancer Nutrition 4 to 5 p.m.	16	17 Sleep 101 3 to 4 p.m.	18 Breast Cancer Social Connection (all ages and stages) Noon to 1 p.m.
21 Heart Healthy Nutrition 10:30 to 11:30 a.m.	22 9 Nutrition Steps for Survivors 10:30 to 11:30 a.m.	23	24	25 Breast Cancer: Ask-the-Experts Noon to 1 p.m.
28	29	30	31 Plant Forward- Nutrition 12:30 to 1:30 p.m.	

Register for groups and classes at [Atrium Health Levine Cancer](https://www.atriumhealth.com).

Questions? Contact the Cancer Resource Center by email or phone.
Monday through Friday, 8:30 a.m to 5 p.m.
LCISupportiveOncology@AtriumHealth.org
980-442-1006

Events are for Atrium Health Levine Cancer breast patients.

Registration is required to receive link and information to access online.

For information on **acupuncture, oncology massage and healing touch**, please call 980-442-2500, option 7.

Groups and Class Descriptions

YWBP online support and discussion group: Women who have received a breast cancer diagnosis at age 45 or under can come together every month online. Whether you are newly diagnosed, in treatment or a few years out, please drop in whenever you can. Sharing can be very healing – especially with those who understand. The support group and forums are facilitated by our dedicated, licensed clinical social workers (LCSWs). They create a positive environment for women to have safe, confidential conversations to help connect, encourage and inspire one another.

Lymphedema Education: Lymphedema is a common side effect after breast cancer surgery or radiation therapy. It is swelling in the hand, arm, breast or torso that can develop during or after treatment.

Save the date:

Breast Cancer: ASK-the-EXPERTS (Friday, October 25, noon to 1 p.m.)

In-person event at LCI-Morehead Medical Dr (Charlotte) with virtual option. Connect with Atrium Health Levine Cancer representatives of their cancer care team! Bring your questions on breast cancer symptoms, treatment, side effects, breast reconstruction, genetic counseling, survivorship, cancer screenings and more. (You can also email your questions to lci-ywbp@AtriumHealth.org before October 24, to be answered by the panel during the event.) A multidisciplinary panel moderated by **Lejla Hadzikadic Gusic, MD**, and **Julie Fisher, MD**. Panelists: **Amy Voci, DO**, breast surgical oncologist; **Carolina Fasola, MD**, radiation oncologist; **Shannon Hill, MD**, diagnostic radiologist; **Neelam Desai, MD**, breast medical oncologist; **Michael Robinson, MD**, plastic surgeon, **Scott Gremillion, MD**, integrative oncologist; and **Claire Arnold, MS, CGC**, genetics.
Free registration: <https://events.atriumhealth.org/ask-the-expertsbreastcancerque>