



Atrium Health
Levine Cancer

ywbp Monthly Calendar of Classes and Events

May

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1	2 Healthy Cooking Club 10:30 to 11:30 a.m.	3
6	7	8 Skin Care During Cancer Treatments Noon to 1 p.m. Lymphedema Education 4:15 to 5 p.m. Connecting Young Adults with Cancer (CYAC) 5:30 to 6:30 p.m.	9	10 YWBP online support and discussion group Noon to 1 p.m.
13 Breast Cancer Nutrition 4 to 5 p.m.	14 Safer Grilling & Cancer 10:30 to 11:30 a.m. After the Storm: Transitioning from Active Treatment to Survivorship 4:30 to 5:30 p.m.	15	16 Sleep 101 3 to 4 p.m.	17 Breast Cancer Social Connection (all ages and stages) Noon to 1 p.m.
20 Meal Planning 10:30 to 11:30 a.m.	21 9 Nutrition Steps for Survivors 10:30 to 11:30 a.m.	22	23 Plant Forward- Nutrition 12:30 to 1:30 p.m.	24
27	28	29	30	31

Register for groups and classes at [Atrium Health Levine Cancer](#).

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:

Skin Care During Cancer Treatment (Wednesday, May 8, noon to 1 p.m.)
Many cancer treatments can cause your skin to change, and it's important to keep your cancer doctor informed of all treatment side-effects, especially any pain or burning. Skin conditions like rash, itching, and dryness are common, and there are simple, practical things you can do to keep problems under control. Presentation by **Shabab Babakoochi, MD**, oncologic dermatology.
<https://events.atriumhealth.org/skincareduringcancertreatments>

HER2 Positive Breast Cancer: What it is, diagnosis, treatment, and research updates. (Wednesday, June 19, noon to 1 p.m.)
Online presentation at noon by **Neelam Desai, MD**, breast medical oncology, Atrium Health Levine Cancer.
<https://events.atriumhealth.org/her2positivebreastcancereducat>

Writing for Well-Being with Breast Cancer (Wednesday, July 24, noon to 1 p.m.)
For many, breast cancer has a big impact on one's life story. Join us to find out how to use writing as a resource for healing and well-being. No experience needed! Online interactive workshop facilitated by **Amanda White, MDiv, MTh**.
<https://events.atriumhealth.org/writingforwellbeing>

Scalp Cooling Caps (Wednesday, August 14, noon to 1 p.m.)
FAQs: What is a cooling cap, how does it work to minimize hair loss, and is it effective? Hair care recommendations. Insurance coverage and reimbursement. Online presentation by DigniCap®