



Atrium Health
Levine Cancer

ywbp Monthly Calendar of Classes and Events

April

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
8	9	10	11	12
Breast Cancer Nutrition 4 to 5 p.m.		Lymphedema Education 4:15 to 5 p.m. Connecting Young Adults with Cancer (CYAC) 5:30 to 6:30 p.m.	Healthy Cooking Club 10:30 to 11:30 a.m.	YWBP online support and discussion group Noon to 1 p.m.
15	16	17	18	19
Heart Healthy Nutrition 10:30 to 11:30 a.m.	9 Nutrition Steps for Survivors 10:30 to 11:30 a.m.		Sleep 101 3 to 4 p.m.	Breast Cancer Social Connection (all ages and stages) Noon to 1 p.m.
22	23	24	25	26
			Plant Forward- Nutrition 12:30 to 1:30 p.m.	
29	30			

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 1:00 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.