

St. Vincent's Breast Cancer Wellness Program

St. Vincent's Breast Cancer Wellness Program is intended for women who have recently undergone breast cancer surgery and those further along in their recovery. An Occupational Therapist certified in lymphedema management and an Oncology Clinical Nurse Specialist will provide education and resources to help women manage their recovery and heal.

2009 Meeting Dates

February 17

April 21

June 16

August 18

October 20

December 15

Time: 4:30 PM – 5:30 PM

Place: St. Vincent's Medical Center
Level 3–South Conference Room

Speaker: Melissa Hitchkiss, OT, CLT

Educational Components will Include:

- *Wellness*
- *Scar management techniques*
- *Review of lymphedema precautions & risks*
- *Shoulder range of motion*
- *Essential skin care*
- *Exercise demonstration*
- *Review of chemotherapy, radiation side effects & management*

No reservations required • Free parking with validated ticket

For more information, contact

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or tmclaugh@stvincents.org

Cancer education and support services at St. Vincent's funded by:

