

The Washington Women's Center has developed new programs and services to meet the needs of the women in our community, especially those touched by breast cancer. Each month through this news letter we will provide you with information on our Washington Hospital Breast Cancer Support Group as well as other classes or programs to support you with your diagnosis of breast cancer.

Our goal is to keep you informed of the many programs available at the new Women's Center and if you are interested how you can participate.

Breast Cancer Support Group Anyone touched by breast cancer is welcome to attend our group. If you are interested, you are also welcome to bring your spouse, partner, or other supportive adult family member or friend. We are sometimes asked, "Who attends the breast cancer support group?" – If you are curious, try it out, the people that come to our group span the entire breast cancer spectrum. From those at high-risk of diagnosis, those just receiving a diagnosis, or currently undergoing treatment, to those that have completed treatment, and those that are many, many (20+) years out from their diagnosis.

Typically our group has an open discussion format. It provides great opportunities for us to learn from one another, to share our experiences, and to offer support.

Our next meeting will be Thursday February 5, 2009.

We'll be together from **7:30PM-9:00 PM. Open Discussion**

Information about our support group:

When: 1st **THURSDAY** of each Month
Upcoming dates: March 5, April 2, May 7, June 4

Time: 7:30 PM - 9:00 PM

Location: Washington West Women's Center Conference Room
2500 Mowry Ave.
Fremont, CA 94538

Please remember, there is no cost to attend, nor is it required to attend every meeting. Just come and share when you are able to. Call 510 608-3204 for more information or questions concerning this group

Breast Cancer Education and Support

January 14 th 12:15 - 1:00 p.m.	Q & A with Dr Ranu Bahl, Radiation Oncologist
January 14 th 3:00 - 5:00 p.m.	Lymphedema Education
January 20 th 12:00 - 1:00 p.m.	Nutrition During and after Breast Cancer Treatment

January 26 th 7:00 - 9:00 p.m.	Look Good Feel Better American Cancer Society
January 27 th 12 noon - 1:00 p.m.	Pre Operative Breast Surgery Class Scheduled with your surgeon's office
January 28 th 3:00 - 5:00 p.m.	Lymphedema Education

All classes are held in the Women's Center Conference Room, First Floor Washington West Building, 2500 Mowry Ave. Fremont, CA

Please call Kathy Hesser, R.N., Washington Women's Center Coordinator at 510 608 1356, for more information.

Look Good...Feel Better is an American Cancer Society sponsored program and requires pre-registration by calling 1 800 227 2345