



## **Be Well Stay Healthy™ -Education and Support Programs for:**

- **Breast Cancer Survivors**
- **Women at Increased Risk for Breast Cancer**
- **Family Members and Couples**
- **Breast Cancer Survivors with Advanced Disease**

### **Topics include:**

- Stress reduction techniques
- Nutrition and exercise tips
- New ways to adopt healthy behaviors and attitudes
- Strategies for coping with physical and emotional concerns

Programs offered year round in small group settings in the Prevention and Research Center including 2 day workshops, weekday meetings and individual counseling.

## **Be Well Stay HealthyKIDS!**

Monthly weekend support groups for children and teens who have a family member with breast or other cancer. The program offers:

- A safe place to learn and share information and feelings about cancer
- Arts, crafts and games
- Tips on how to cope with problems
- Ideas for healthy living

**Call 410.951.7950 for more information or to register.**

Programs are offered at no cost to participants. Donations welcomed.  
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