



Maintaining a Healthy Lifestyle

January-March 2015

➤ The Breast Cancer Support Group at McLaren Bay Region proudly offers a Breast Cancer Educational Forum for new patients, caregivers, and survivors.

Join us for a presentation and answer session of a topic related to breast cancer. This is followed by a meeting of our support group that you are welcome to listen, ask questions, or participate if you desire.

January

"Excuses Don't Get You Healthy"

All you need is 20 minutes per day to start you on a program of physical fitness and wellness. Join us for a presentation on fitness, yoga and meditation, as well as learn exercises that you can do at home to jumpstart your 2015 fitness goals.

Presented by: Beth Trahan, Bay County Recreation Assistant
Thursday, January 8th at 6:00 p.m.

February

"The Role of Chemotherapy"

Chemotherapy is a type of cancer treatment that uses drugs to destroy cancer cells. There are many factors that may lead to the choice of chemotherapy as an effective part of your treatment.

Presented by: Muhammad Moid, MD, Hematology/Oncology
Thursday, February 5th at 6:00 p.m.

March

"All About Relay"

Please join us for our kick-off presentation about this year's Relay for Life that will be held in the summer.

Presented by: "Boosum Buddies", Breast Cancer Support Team
Thursday, March 5th at 6:00 p.m.

All the meetings will be held in the conference room at the Health Pavilion, 3175 W. Professional Drive - located on McLaren Bay Region's West Campus. Guests are welcome to join you! RSVP requested, but not required to Nancy at 989-667-6357.

Your Hosts



**Tari Stull, MD,
Breast Surgeon**
and

**Nancy Morrow, RN
Breast Health Navigator**
will be your hosts for the meeting and will also be available to answer any individual questions that you may have.

