



Maintaining a Healthy Lifestyle

March-June
2014

➤ 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.

March

"All About Relay"

Presented by: Randal Croshaw, MD and Nancy Morrow, RN

Thursday, March 6th at 6:00 p.m.

Tuesday, March 18th at 12:15 p.m.

April

"Yoga & Relaxation"

*Presented by: Kristin Rousseau, Physical Therapist and
Mary Mosher, Occupational Therapist*

Thursday, April 3rd at 6:00 p.m.

Tuesday, April 15th at 12:15 p.m.

May

"Paint Your Way To Zen"

Presented by: Tara Welch, Studio 23/The Arts Center

Thursday, May 1st at 6:00 p.m.

Tuesday, May 20th at 12:15 p.m.

June

"Genomic Health"

Presented by: Krista Phegley, Regional Oncogenomic Liaison

Thursday, June 5th at 6:00 p.m.

Tuesday, June 17th at 12:15 p.m.

Your Hosts



**Randal Croshaw, 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.

All the meetings will be held in the conference room at the Women's 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.