The Young Women’s Program is dedicated to providing a wide range of programs to meet the unique needs of young women with breast cancer. All programs and services are offered free of charge. Monthly programs are held at the Washington University West Campus Conference Center in Clayton. Meeting times start at 6:30pm. Call Jen Ivanovich, at 314-454-5076, to learn more about a specific program and for directions.

Young Women’s Yoga
A monthly low-impact yoga/stretching program is open to young women with breast cancer. Group members support one another in maintaining a healthy lifestyle and exercise routine. Young Women’s Yoga meets the second Wednesday of the month.

Young Women Living
A new monthly program offered only for young women with metastatic or advanced breast cancer. A clinical psychologist leads the group as we explore living when breast cancer has spread. Young Women’s Living meets on the fourth Wednesday of the month.

About the Cover
The beautiful women on the cover are members of our Young Women’s Yoga group.