

# calendar of events

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.

#### The Young Women's Group

All young women with breast cancer are welcome to attend this monthly program. Invited professionals discuss a wide range of topics including the medical, psychological, and family care issues of young

women. The Young Women's Group meets the fourth 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 Living meets on the fourth Wednesday of the month.

#### The 4th Annual Young Women's Breast Cancer Symposium

This year's symposium will be held on Saturday, September 9th. Plenary and breakout sessions will be held to discuss the diverse nature of living beyond breast cancer at a young age. Mark your calendar for this special day. Future announcements will be mailed under separate cover.

#### HUGS (Help Us Give Support)

A structured support program for children with mothers or grandmothers with breast cancer. The next session will begin in September. Contact Kathy Jones

at 314-362-7844 for more information about the program.

Join the Siteman Cancer Center Team on June 10th for the Susan G. Komen Race for the Cure. You can register online at [www.stlouisraceforthecure.org](http://www.stlouisraceforthecure.org) or call 800-600-3606 for an entry form. Make sure to indicate on your registration form that you are on the Siteman Cancer Center Team, team number 2742.

#### About the Cover

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

# ywbcp

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## The Young Women's Breast Cancer Program

Siteman Cancer Center at Barnes-Jewish Hospital and Washington University School of Medicine



## inside:

- Her Story
- Calendar of Events
- Clinical Update
- The ABC's of Breast Cancer Genetics
- Kids Column
- Breaking News