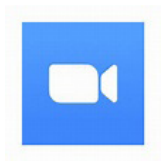


## Who Can Attend?

This online educational series is for those who have had treatment for breast cancer or gynecological cancer (endometrial/uterine, cervical, vaginal, vulvar, ovarian) and their supporters.



### Zoom (video conference)

These sessions will be offered online by using Zoom.

We suggest downloading Zoom (free of charge) on your computer, tablet or phone before the session.

Each week you will receive an email with the link for the next session.

If you need help please call the Breast & Gyne Centre of Hope at 204-787-2970 or toll-free at 1-866-561-1026.

Presented by:  
 **CancerCareManitoba**  
ActionCancerManitoba

Funding support provided by  
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FOUNDATION

*All funds raised stay in Manitoba.*

**CancerCare Manitoba  
Breast & Gyne Cancer  
Centre of Hope presents:**

## Lunch and Learn Series

### Hot Topics after Breast & Gynecological Cancer Treatment

*Explore ways to help you recover,  
move forward and live well*

**Weekly on Mondays  
12:00 noon to 1:00 p.m.  
February 1 to March 29, 2021**



*This information has been sent to you on behalf of the CancerCare Manitoba Breast & Gyne Cancer Centre of Hope. It was mailed directly from the Manitoba Cancer Registry to protect the confidentiality of your information.*

*If you do not wish to receive information about programs, please contact the Manitoba Cancer Registry toll-free at 1-877-787-1272 to have your name removed from the mailing list.*



**To register for the online sessions:**

**Phone: 204-787-2970 or  
Toll-free: 1-866-561-1026**

## **Online Session Schedule:**

### **February 1: Fatigue and Sleep Issues**

Fatigue and sleep problems are common cancer-related symptoms during and after treatment. Learn about strategies to manage fatigue and help improve your sleep.

### **February 8: Exercise**

Studies show that exercise can reduce the risk of recurrence for some cancers. This interactive session is designed to address challenges that survivors face (e.g. symptoms of menopause, bone and heart health, neuropathy, and weight loss).

### **February 22: Sexuality**

Side effects from treatment can affect your interest in sex and how you feel about your body and yourself as a sexual being. This session is designed to help you (and your partner) understand how treatment can affect your sexuality and offer tips that may help you reconnect.

### **March 1: Menopause**

Some cancer surgeries and treatments can lead to a sudden drop in hormones and early menopause. Symptoms are often sudden and bothersome. Learn ways to help manage your menopause symptoms.

### **March 8: The Emotional Impact of Cancer Part 1**

For many people, moving forward after cancer treatment can bring unexpected challenges. These may include an unexpected mix of emotions. Learn strategies that can help you cope in everyday life and during difficult times.

### **March 15: The Emotional Impact of Cancer Part 2**

A cancer diagnosis can be an uncertain time. You may have conflicting emotions and questions about the meaning of life.

### **March 22: Return to Work**

It is normal to need some time after treatment to recover. You may wonder if you are ready to return to work. Learn about tips and resources that can help make this transition easier as you head back to work.

### **March 29: Nutrition**

There is a lot of information in the media and online about what survivors should eat during and after cancer treatment. Our dietitian will review weight loss, healthy eating and helpful resources.