The first step to recovery is the creation of a support group network.

The Breast Cancer Support Group at the Penn State Hershey Breast Center is the oldest and most active Breast Cancer support group in the United States.

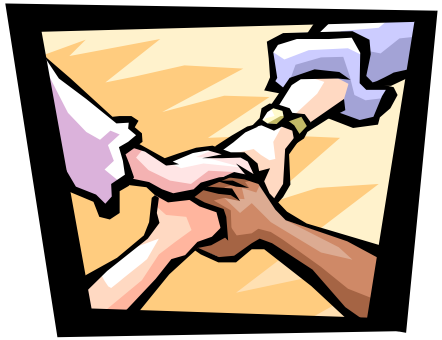
The Breast Center sponsors the breast cancer support group. The goal of the Center is to provide a supportive and educational environment for women and their families. We believe that networking with other women who are going through the same or similar experiences is healthy and helpful.

Date: 1st Monday of each month (except in the case of a holiday, we meet the 2nd Monday)
Time: 6pm-6:15: Group Gathers
6:15pm-7:15pm / Scheduled Program
7:15pm-8pm / New Member Questions
Place: Penn State Hershey Med Ctr
Breast Care Center
30 Hope Dr; Rm 1710 A & B
Hershey, PA
Cost: No Charge
Phone: 717-531-7492
Email: abobb@hmc.psu.edu
mfarnan@hmc.psu.edu
psheaffer@hmc.psu.edu

Penn State Hershey Breast Center

PENN STATE HERSHEY BREAST CENTER

Breast Cancer Support Group



Need a friend?
You're not alone. . .
Please join us.

Tel: 717-531-7492
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Penn State Hershey

Breast Cancer Support Group

Whether you have just been diagnosed with breast cancer, or know someone who was just diagnosed, or if you are facing breast cancer for the second or third time, you struggle to understand the trauma and devastation for both the person diagnosed and their immediate family. After the initial shock, you need time to grasp the situation and accept the challenge of survival.

Although you may feel pain and emotional stress, the first step to recovery is the creation of a support group network. This starts by communicating with others about how you feel, and how they feel, so that you feel less alone and can begin to focus on survival.

2012 Calendar

Jan. 9 – **TALK**! Join us for tea and cocoa, shake the winter blahs and watch our ABC 27 special!

Feb. 6 – **Open Session**: Join us in a scarf making session with ***Paula***

March 5- Belly Dancers: Join us with the ***In The Pink Belly Dance Group***!

April 2 – **Sexuality Educator**: Join us with ***Besty Lindstrom MSW*** a member of the American Association of Sex Educators and Counselors.

May 7 – **Healing Yoga**: Join us for an introduction to Healing Yoga with ***Dan Coma*** from our University Fitness Center.

June 4 – **Open Session:** Join us for an open session where we ask that you bring a book that helped you in some way during your breast cancer journey.

July 2 – **Annual Summer Picnic**: Bring your favorite dish to share with the group.

August 6 – Jin Shin Jyutsu: Join us with ***Beth Rohrer RN, MSN, CCRN*** to learn more about this complimentary therapy

Sept. 10- **Nutrition with Dr. Smith**: Join us for ***Dr Smith's*** take on nutrition during and post breast cancer treatment.

Oct. 3 – **Stress Reduction:** Join us with ***Jonelle Faust*** an Exercise Physiologist form our Fitness Center to learn about effective methods to reduce stress

Nov. 5 – **Open Session**: Join us for a meeting focused on thankfulness.

Dec. 3 – **Annual Holiday Party!**
East Campus Café. Don't forget to bring a "unique" hat to exchange.

Penn State Hershey
Breast Cancer Support Group

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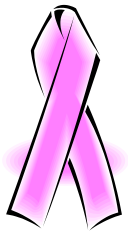

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