A Special Event Honoring
Gynecologic Cancer
Awareness Month

Gynecologic Cancer Education and Wellness:
“Harness the Power of Your Mind & Body”

Wednesday, September 27, 2017
10:30-10:45  Welcome
10:45-11:45  Acupuncture: Uses and Benefits
11:50-12:00  Tour Patient Education Booths
12:00-1:00  Light Refreshments – Mix and Mingle
1:00-2:00  Nutrition and Cancer
2:00-3:00  Gentle and Restorative Yoga
3:00-4:00  Mindfulness Based-Stress Reduction and Relaxation Training

DROP IN ANYTIME DURING THE DAY

Hosted by the Section of Gynecology Oncology & Supportive Oncology Program
Location: Supportive Oncology Conference Room, DCAM 6601

in the Coleman Foundation Supportive Oncology Outpatient Care Suite
(adjacent to 6th floor DCAM Infusion Therapy)
Speakers

**Nita Lee MD MPH** of UC’s Section of Gynecology Oncology specializes in the comprehensive medical and surgical care of women with gynecological cancers and has dedicated interests in cancer survivorship and disparities. As physician champion, she will welcome you and provide an overview of the day’s wellness events.

**Kathy Hanold RN MS, MSOM.L.Ac** of West Meets East Acupuncture will help guide you to a lifestyle that will help and support your current treatment while optimizing your health and healing with Chinese medicine using time tested, evidence based treatment approaches to integrate the best of western healthcare with the subtle, body/mind balanced care.

**Jill Bice MS, RD, LDN, CNSC, CSO** of UC’s Outpatient Supportive Oncology Program, is an expert nutritionist dedicated to working with women with gynecologic cancers. She will provide you with valuable information on the importance of nutrition during treatment & beyond.

**Lauren Mansell  DPT, CLT, PRPC, CYT** of UC’s Outpatient Supportive Oncology Program, is a talented doctorate physical therapist & certified yoga therapist. She will demonstrate how Chair Yoga is an integrated simple practice that combines physical exercise with focused breathing to yield profound physical and mental benefits.

**Fay J Hlubocky PhD MA** of UC is a clinical health psychologist specializing in psycho-oncology who provides compassionate care to women with gynecologic cancers. She will help you learn a simple form of meditation focused on attending to experiences occurring in the present moment which yields self-compassion & improves emotional well-being.