

**YOUNG WOMEN AND BREAST CANCER  
THE EMPOWERMENT SERIES  
TAKE CHARGE. GET INFORMED. LIVE WELL.**

## **The Long-Term Effects of Cancer Treatment**

Thursday, February 2, 2012 · 6:30 - 8:00pm

1501 Broadway (bet 43rd/44th St.) Rm. 1701, 17th FL.

Stage Directors and Choreographers Offices

For Young Women Only

What happens to your body after surgery, chemo, radiation, and tamoxifen? Are there long-lasting effects from cancer and its treatment? Learn what's normal for your body now and how to take care of your future health. We'll also discuss how to cope with hot flashes, chemobrain, and other side effects of treatment.

Our speaker is Beth Taubes, RN, Clinical Practice Manager for the Women's Oncology and Wellness Practice. There will be time for questions. This program is cosponsored by Sharsheret.

To RSVP: call SHARE at (212) 719-2943

### The Empowerment Series, 2011-2012

SHARE and YSC New York City are pleased to present this series of educational programs for young women affected by breast cancer.

Young Women and Breast Cancer: The Empowerment Series, is designed to empower young women to take charge of their health, get informed, and live well.

### Series Calendar, 2011-2012

- JAN** Cook for Your Life
- MAR** Complementary Medicine
- JUN** Navigating your New Normal
- JUL** Lymphedema
- SEP** Creating a family after Treatment
- FEB** Long-term effects of Cancer Treatment

### For More Information:



[www.sharecancersupport.org](http://www.sharecancersupport.org)  
[www.youngsurvival.orginnewyorkcity](http://www.youngsurvival.orginnewyorkcity)  
[www.sharsheret.org](http://www.sharsheret.org)



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SHARECancerSupport  
youngsurvivalcoalitionnewyorkcity  
sharsheret.org



SHARE: (212) 719-2943  
YSC: (646) 257-3025  
SHARSHERET (201) 833-2341

**SHARE** Self-help for Women with  
Breast or Ovarian Cancer



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Your Jewish Community Facing Breast Cancer