



BREAST CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
Dance Exercise for Breast Recovery with <i>Moving for Life</i>	Mondays Jan 1, 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 4, 11, 18, 25 Thursdays Jan 4, 11, 18, 25 Feb 1, 8, 15, 22, 29 Mar 7, 14, 21, 28	12-1pm ET	Zoom
Yoga and Meditation for All Women with <i>Three and Half Acres</i>	Thursdays Jan 4, 18 Feb 1, 15 Mar 7, 21	6-7pm ET	Zoom
Report Back from 2023 San Antonio Breast Cancer Symposium (SABCS)	Monday Jan 8	1-2pm ET	Webinar
Part I: Not all DCIS is "Risky"	Tuesday Jan 9	1-2pm ET	Webinar
Let's Talk About It: Breast Cancer (Caring for You: The Mental & Emotional Toll of Survivorship)	Wednesday Jan 17	1-2:30pm ET	Zoom
Part II: DCIS Research: De-escalating the Fear of Recurrence	Tuesday Feb 6	1-2pm ET	Webinar
Our BC Life Podcast	Thursdays Feb 15 Mar 21		Podcast
Let's Talk About It: Breast Cancer (Shifting Focus: The Relationship with Your Body)	Wednesday Feb 21	1-2:30pm ET	Zoom





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Understanding and Managing Chemo-Induced Peripheral Neuropathy (CIPN)	Thursday Mar 7	3-4pm ET	Webinar
Vaccines: Will they become a form of Secondary and Primary Breast Cancer Prevention?	Thursday Mar 14	12-1pm ET	Webinar
Let's Talk About It: Breast Cancer (To Disclose or Not to Disclose?)	Wednesday Mar 20	1-2:30pm ET	Zoom
Tips for Managing Chemobrain	Wednesday Mar 27	12-12:30pm ET	Webinar
NEW! Let's Talk About It: Black Women with Breast Cancer (Faith and Mortality)	Thursday Mar 28	7:30-8:30pm ET	Zoom





BREAST CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
Ductal Carcinoma in Situ (DCIS - Stage 0) Support Group	Mondays Jan 8 Feb 5 Mar 4	6-7:30pm ET	Zoom
Breast and Ovarian Cancer Support for Women of African Descent	Tuesdays Jan 16 Feb 6 Mar 5, 19	1st Tuesday: 6-7:30pm ET 3rd Tuesday: 4-5:30pm ET	Zoom
General Breast Cancer Support Group	Tuesdays Jan 9, 23 Feb 13, 27 Mar 12, 26	6-7:30pm ET	Zoom
Breast Cancer Support Group for Older Adults	Wednesdays Jan 24 Feb 28 Mar 27	9:30-11am ET	Zoom
AYA Breast Cancer Support Group	Wednesdays Jan 24 Feb 28 Mar 27	6-7pm ET	Zoom
Breast Cancer Support Group	Thursdays Jan 11 Feb 8 Mar 14	7-8:30pm ET	Zoom
Aromatase Inhibitors & Hormone-Positive Breast Cancer Treatment Support Group	Thursdays Jan 18 Feb 15 Mar 21	6-7:30pm ET	Zoom
Active Treatment Breast Cancer Support Group	Sundays Jan 21 Feb 18 Mar 24	5-6:30pm ET	Zoom

