

METASTATIC BREAST CANCER ONLINE EDUCATIONAL PROGRAMS

Program	Date	Time	Format
Exercise For Metastatic Health	Tuesdays Jan 2, 9, 16, 23, 30 Feb 6, 13, 20, 27 Mar 5, 12, 19, 26	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 San Antonio Breast Cancer Symposium (SABCS) 2023: Spotlight on the Latest in MBC	Monday Feb 5	3-4pm ET	Webinar
Our MBC Life Podcast	Wednesdays Mar 6, 20		Podcast
Understanding and Managing Chemo- Induced Peripheral Neuropathy (CIPN)	Thursday Mar 7	3-4pm ET	Webinar
Tips for Managing Chemobrain	Wednesday Mar 27	12-12:30pm ET	Webinar



METASTATIC BREAST CANCER SUPPORT GROUPS

Group Name	Date	Time	Location
MBC Support Group	Mondays Jan 1, 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 4, 11, 18, 25	12:30-2pm ET	Zoom
MBC Support Group	Mondays Jan 1, 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 4, 11, 18, 25	4-5pm ET	Telephone
MBC Support Group	Mondays Jan 1, 8, 15, 22, 29 Feb 5, 12, 19, 26 Mar 4, 11, 18, 25	8-9:30pm ET	Zoom
MBC Support Group	Tuesdays Jan 9, 23 Feb 6, 20 Mar 5, 19	4-5:30pm ET	Zoom
MBC Support Group for Black Women	Tuesdays Jan 23 Feb 27 Mar 26	6-7pm ET	Zoom
MBC Support Group for Young Women	Wednesdays Jan 3 Feb 7 Mar 6	8-9pm ET	Zoom
Breast Cancer Brain Mets (BCBM) Support Group	Thursdays Jan 11, 25 Feb 8, 22 Mar 14, 28	3-4:30pm ET	Zoom

