

# Brighton.

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Empowering those affected by breast cancer  
through education:

Sweetest Day! Saturday, October 21, 1:30 PM  
and  
Sunday, October 22, 1:30 PM

Breast cancer affects many women and their family members, and this is an opportunity to hear how cancer and hormonal effects can be managed and overcome. **Dr. Karen Kennedy**, a local gynecologist, will be discussing breast cancer awareness and early detection, as well as prevention and managing hormonal symptoms and maintaining health after the treatment.

Not only breast cancer survivors, but any woman experiencing hormonal changes and menopause can benefit from these remedies and principles. Join us for an educational session and discussion on the challenges women face and diverse solutions.

See you then!

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## **Empowering those affected by breast cancer through education:**

### **Outline:**

Prevention and early detection: mammograms, other imaging, genetic testing

Managing your body after breast cancer:

- \* Hormonal symptoms
- \* Vaginal dryness

Pain with intercourse

Managing your health after breast cancer:

- \* Effects of low hormones on the body
- \* Prevention of recurrent breast cancer
- \* Screening

And more topics, discussion