DEDICATED EXPERIENCED SUPPORT

# SHARE

sharecancersupport.org

## January - March 2023

## Metastatic Breast Cancer Online Educational Programs

| Programs | Date | Time | Format |
|---|---|---|---|
| **Exercise For Metastatic Health** | **Tuesdays**<br>Jan 3, 10, 17, 24, 31<br>Feb 7, 14, 21, 28<br>Mar 7, 14, 21, 28 | 12-1pm ET | Zoom |
| **Yoga and Meditation for All Women with Three and Half Acres** | **Thursday**<br>Jan 12, 26<br>Feb 9, 23<br>Mar 9, 23 | 6-7pm ET | Zoom |
| **Our MBC Life** | **Wednesdays**<br>Jan 11, 25<br>Feb 8, 22<br>Mar 1, 15, 29 | | Podcast |
| **Comfort Care Planning for People of Color** | **Thursday**<br>Jan 24 | 6-7pm ET | Zoom |
| **Part 2: When Cancer Treatment Causes Menopause - The Emotional Impact** | **Thursday**<br>Feb 16 | 1-2pm ET | Webinar |
| **Blood Clots and Cancer: What You Need to Know** | **Wednesday**<br>Mar 22 | 3-4pm ET | Webinar |
| **When to Consider Multi-Gene Testing in Early-Stage and Metastatic Breast Cancer** | **Thursday**<br>Mar 30 | 6-7pm ET | Webinar |

## Metastatic Breast Cancer Support Groups

| Programs | Date | Time | Locations |
|---|---|---|---|
| **MBC Support Group** | **Mondays**<br>Jan 2, 9, 16, 23, 30<br>Feb 6, 13, 20, 27<br>Mar 6, 13, 20, 27 | 12:30-2pm ET | Zoom |
| **MBC Support Group** | **Mondays**<br>Jan 2, 9, 16, 23, 30<br>Feb 6, 13, 20, 27<br>Mar 6, 13, 20, 27 | 4-5pm ET | Telephone |

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|---|---|---|---|
| **MBC Support Group** | **Mondays**<br>Jan 2, 9, 16, 23, 30<br>Feb 6, 13, 20, 27<br>Mar 6, 13, 20, 27 | 8-9:30pm ET | Zoom |
| **MBC Support Group** | **Tuesdays**<br>Jan 10, 24<br>Feb 7, 21<br>Mar 7, 21 | 6-7pm ET | Zoom |
| **MBC Support Group for Black Women** | **Wednesdays**<br>Jan 24<br>Feb 28<br>Mar 28 | 6-7pm ET | Zoom |
| **MBC Support Group for Young Women** | **Wednesdays**<br>Jan 4<br>Feb 1<br>Mar 1 | 8-9pm ET | Zoom |
| **MBC Support Group** | **Thursdays**<br>Jan 12, 26<br>Feb 9, 23<br>Mar 9, 23 | 6-7pm ET | Telephone |