



# Women's Cancer Virtual Education Series 2021

The experts of the Magee-Womens Cancer Program, part of UPMC Hillman Cancer Center, offer the *Women's Cancer Education Series* to provide you and your loved ones with the latest information on women's cancer and supportive care in women's health.

The Women's Cancer Education Series is **free** for anyone seeking up-to-date information about women's cancer – whether newly diagnosed, metastatic, or long-time survivors, their family and friends, and those who are concerned about the disease.

Experts present on a variety of topics related to women's cancer, followed by a question and answer session. Participants have the opportunity to learn from women's cancer experts, as well as from other participants' experiences and exchange of information.

## February 11

### *COVID, Cancer, and Exercise: Building a Strong Immune System*

*Presenter:* Janette Poppenberg, ACSM/ACS Certified Cancer Exercise Trainer; Certified Exercise Physiologist

## March 11

### *Treat Your Body Like an Eco System*

*Presenters:* Chef Jon Polley and Karen Kubas, MS, RDN, CSO, LDN

## April 8

### *A Meditation Exercise: The Mind, Body, Spirit Connection*

*Presenters:* Nurse Ambassadors Rosanne Berube, RN, BSN, OCN and Jennifer Matthews, RN, BSN, OCN

## May 13

### *Support of Your Support Team*

*Presenters:* CARE Center: Heidi Donovan, PhD, RN, and Our Clubhouse: Abby Ziegler, MS, CCLS

## August 12

### *Genetics and High Risk*

*Presenters:* Darcy L. Thull, MS, Licensed Genetic Counselor and Katherine D'Antonio, PhD, PA-C

## September 9

### *Self-Image and Sexuality*

*Presenters:* Dana Kirkpatrick, MS, NCC, LPC, Certified Sex Therapist and Nora Lersch, MS, RN, FNP-BC, AOCNP

## October 14

### *Financial Toxicity and Solutions*

*Presenters:* Sarah M. Belcher, PhD, RN, OCN and Sara B Maloney, LCSW, MSW

## Event Details

**Cost:** Free. Microsoft Teams is a free download through Apple or Google Play.

**Place:** Virtual setting through Microsoft Teams. Join on your computer or mobile app, or via audio only conference call at **412-447-5295**.

Conference ID: **506 052 997**

**Registration:** Please email [wccmail@upmc.edu](mailto:wccmail@upmc.edu) with your name, valid email address, and what classes you would like to register for. You will receive the Teams link to the presentation(s) upon registration.

For any questions about the Education Series, please contact navigation at **412-641-4469**.

### **Time:**

5:30 to 6:30 p.m. – Presentation  
6:30 to 7 p.m. – Q & A

*\*Beginning in April, each presentation will start with "Meet Your Ingredients" by Chef Jon Polley and Karen Kubas.*

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