



Taking Care of Me

Employee Workshop Series

BREAST CANCER AWARENESS PREVENTION THROUGH HEALTHY LIFESTYLE CHANGES

The interactive session will focus on information and lifestyle counselling on modifiable breast cancer risk factors including nutrition, exercise, weight control, exposure to tobacco smoke, hormone replacement therapy use, alcohol intake, shift work and breast feeding. To start, participants will have access to an online assessment to measure risk using several standardized measures followed by a personal Lifestyle Report Card post session. Also included:

- **A Risk Assessment: What do they mean and how they apply to you?**
- **Chemoprevention (e.g., Tamoxifen, Raloxifene)**
- **Myths about breast cancer & statistics**
- **Explanation of pre-cancerous stages of breast cancer**

This session is delivered by the Breast Cancer Prevention & Risk Assessment Clinic. The Clinic is a project of the Cancer Prevention Centre with funding support from the Canadian Breast Cancer Foundation – BC/Yukon and with support from BC Women’s Hospital & Health Centre.

HOW TO REGISTER:

Please go to the CCRS website and register under the title: “Taking Care of Me Workshop Series.”

WHEN:

November 14th, 12:00-1:00pm

WHERE:

Auditorium, Lions Gate Hospital

WHEN:

November 17th, 12:00-1:00pm

WHERE:

Ralph Fisher Auditorium,
Richmond General Hospital

WHEN:

November 19th, 12:00-1:00pm

WHERE:

Paetzold Auditorium, Vancouver
General Hospital