

Cancer Center Series

Surviving and Thriving After Breast Cancer: A Roadmap

A breast cancer diagnosis is life-changing and can bring physical and emotional challenges. Research has shown that breast cancer survivors who adopt healthy lifestyle behaviors have improved health, well-being, and quality of life. These behaviors include healthy eating habits, regular exercise, stress management, social connections, good sleep habits, and avoiding risky substances such as drugs and alcohol.

In this program, we will review these recommendations and lead an interactive conversation to empower patients to adopt healthy behaviors. We will also be joined by a patient who will share how she adopted these lifestyle habits after her breast cancer diagnosis.

This online program is free and open to Mass General patients, families, staff and the general public.

To attend this program, click on this link: <https://partners.zoom.us/j/83094746642>

Please submit questions you may have about the topic before the program to: PFLC@partners.org so that the speakers may address them during the session.



Featured Speaker:

Amy Comander, MD, DipABLM

Director of Breast Oncology and Survivorship at Mass General Cancer Center Waltham and Newton Wellesley Hospital;
Medical Director at Mass General Cancer Center Waltham;
Director of Lifestyle Medicine, Mass General Cancer Center
Instructor in Medicine, Harvard Medical School

Date: Tuesday, October 25, 2022

Time: 12:00 PM - 1:00 PM

For more information,

call 617-724-7352 or

email PFLC@partners.org



Featured Speaker:

Dana E. Haggett, MS, RN, FNP-BC

Nurse Practitioner,
Breast Oncology at
Mass General Cancer Center



Featured Speaker:

Elizabeth Abraham, BSN, RN

Senior Clinical Research Nurse,
Breast Oncology at
Mass General Cancer Center