

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

# Cancer Genetic Testing: Strategies to Manage Stress and Increase Resilience

Knowing that you have an increased chance to develop hereditary cancer (cancer that runs in families) or deciding whether to have genetic testing for hereditary cancer can be stressful. Join Dr. April Hirschberg to learn about how stress awareness, healthy lifestyle behaviors, and mind-body interventions can promote your wellbeing. She will also introduce programs that are designed to help unaffected carriers - people who have been identified to have an increased cancer risk but have not been diagnosed.

**This online program is free and open to MGH staff, patients, and the general public.**

To attend this program, click on this link:

<https://partners.zoom.us/j/84869010667>



**Featured Speaker:  
April Malia Hirschberg, MD**

Dr. April Hirschberg completed her residency in adult psychiatry at the MGH/McLean Combined Psychiatry Program in 2006 and has remained on staff in the MGH Department of Psychiatry. She has completed the Stress Management and Resiliency Training (SMART) Certification with the MGH Benson-Henry Institute for Mind Body Medicine. Since 2018 she has been leading stress management and resiliency programs for individuals with cancer at MGH and is starting a program for individuals with hereditary cancer syndromes.

**Date: Friday, January 8, 2021**

**Time: 12:00 PM - 1:00 PM**

**For more information,  
call 617-724-7352 or  
email [pfic@partners.org](mailto:pfic@partners.org)**

**This program is a collaboration between the Maxwell & Eleanor Blum Patient and Family Learning Center and Mass General Cancer Center.**