

THE MAXWELL & ELEANOR BLUM PATIENT AND FAMILY LEARNING CENTER

Summer 2018 Upcoming Blum Center Events

All programs are free and open to MGH staff, patients, and the general public. Spaces are limited. No registration needed.

Mass General Cancer Center Series: Musculoskeletal Issues in Breast Cancer

Monday, July 16

12:00 PM - 1:00 PM

Musculoskeletal pain is common in breast cancer. It can affect your bones, muscles, tendons, and ligaments. It can also cause neck and shoulder pain, which can impact your quality of life and day-to-day activities. Learn from Dr. Sasha Knowlton how a team-based approach called cancer rehabilitation (or cancer rehab) can address these areas and improve your pain and function.

Managing Pain Using a Mind Body Approach

Wednesday, July 25

12:00 PM - 1:00 PM

Mind body techniques, such as meditation, can help patients reduce their pain and improve their quality of life. By practicing self-care, patients can lower risk factors for pain such as inflammation and stress. Dr. Ellen Slawsby is a leader in the mind body pain management field. She will explain research, techniques, and best practices for patients seeking ways to manage their pain and increase their resiliency without prescription pain medicines.

Making Sense of Food Labels

Thursday, August 16

12:00 PM - 1:00 PM

Come join Mass General dietetic intern, Christina Badaracco, MPH, for a talk on how to navigate the nutrition facts food label. She will help you understand "health" claims and the front-of-package labels that companies use to market their products. You will learn about how to use this information to make better choices at the grocery store and in the kitchen.



For more information:

Call (617) 724-7352

or

Email pflc@partners.org

The Maxwell & Eleanor Blum
Patient and Family Learning Center
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