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Remember to Register
for our upcoming forums

COMPLEMENTARY WELLNESS
FOR BREAST CANCER SURVIVORS

**ADELPHI NY STATEWIDE BREAST CANCER
HOTLINE & SUPPORT PROGRAM**

**invites you to join us for two free
educational forums this May for people
who have had breast cancer.**

EXERCISE AS COMPLEMENTARY WELLNESS



**Tuesday, May 5, 2015
12:30 - 2:30 p.m.**

***NEW LOCATION**
Campbell Lounge at the Campus Recreation Center
Adelphi University, Garden City, NY

*Additional Parking is available at the Garden City Pool.
A shuttle bus will be provided at 12:15 p.m. for the forum*

SPEAKER:

John Wygand, M.A., FACSM
*Director of The Institute of Sports Medicine and
Physical Fitness at Adelphi University.*

This forum will focus on the benefits of regular exercise,
with special attention to breast cancer survivors.
Some specific exercises will be taught so dress comfortably.

NUTRITION AS COMPLEMENTARY WELLNESS



**Tuesday, May 26, 2015
12:30 - 2:30 p.m.**

***Alumni House at Adelphi University
154 Cambridge Avenue, Garden City, NY***

SPEAKER:

Emmanuelle Galland

Health and Nutrition Coach

Author of Feeding Success: A Nutrition Blueprint to Fuel Busy Professionals and Business Travelers.

This forum will focus on basic nutrition, integrated nutrition for your health and well being, and understanding your food cravings.

**Participants are invited to
bring their own lunch to enjoy.**

If you are unable to join us,
for either forum, please watch our
livestream of the forum

on our Youtube channel.
www.youtube.com/AUBreastCancer

**All forums are free and open to the public.
Seating is limited. Pre-registration is required.**

We require registration for these forums.

Please register online, by phone or e-mail.

Register online:

breast-cancer.adelphi.edu/we-can-help/forums/

phone: 516-877-4325 or

e-mail: breastcancerhotline@adelphi.edu

*Our 2015 educational forums are sponsored by the
Manhasset Women's Coalition against Breast Cancer.*