

Lectures & Workshops

February 2012 – Open to the Public & Free of Charge

Assertive Communication: The Art of Getting Your Needs Met

Wednesday, February 1
1:00-2:30 PM

Mimi Leibman, Ph.D

Dealing with serious challenges often requires us to advocate for ourselves and obtain needed information and assistance. Speaking assertively is a skill that anyone can learn. In this session, we will discuss and practice assertive communication strategies.

Relaxing Profoundly

Friday, February Feb. 3 (Last Session)
10:30-12:00 PM

Merrill Harmin, Retired Professor of Education and Psychology

Do you want to relax profoundly, not merely temporarily or superficially? Do you want to live each day with more joy and vitality? Do you sense that something is missing in your life? If so, explore meditation! Meditation is often cloaked in complexity, yet, as this workshop will demonstrate, it's really quite simple. For beginners, it's an easy way to see how meditation will enhance your life. For the experienced, it's a good chance to expand both your skills and perspectives. Best results come from attending at least three of the four sessions.

Five to Thrive

Thursday, February 9
6:30-8:00 PM

Lise Alschuler and Karolyn Gazella

Join authors Lise and Karolyn in a presentation that outlines the plan in their new book, "Five To Thrive: Your Cutting Edge Cancer Prevention Plan," which pinpoints key lifestyle influences on five specific pathways that are essential to reducing cancer risk: immunity, inflammation, hormones, insulin resistance and detoxification/digestion. Learn how to harness the power of lifestyle, diet and dietary supplements to create health and reduce cancer risk. This workshop is ideal for people with a personal or family history of cancer or anyone interested in cancer prevention.

Integrative Strategies for Cancer Patients

Thursday, February 16
6:30-8:00 PM

Elena Ladas, Director, Columbia University Integrative Therapies Program

Join Elena J. Ladas, co-author of Integrative Strategies for Cancer patients, for an informative lecture that will provide information on how to incorporate complementary/alternative medicine (CAM) into cancer care. This lecture will focus on the use of CAM such as herbal and nutrition supplements, acupuncture, massage, self-massage, aromatherapy, reflexology and teas in managing some of the most challenging side effects of cancer therapy such as Chemo brain, fatigue, anxiety/stress, constipation, and lymphedema. Also learn how to incorporate these strategies into your cancer care.

Stay Positive and Be Prepared: An introduction to Estate Planning and Advanced Directives

Wednesday, February 29
6:30-8:00 PM

Lisa Katz/Laidlaw Firm, Bedford Hills, NY

Lisa Katz, a recent cancer survivor who is also an estate planning, elder law and business attorney, will explain legal procedures and documents to help individuals make advance decisions in the areas of healthcare and finance. Subjects will include: health care proxies, power of attorney, benefits of creating a will, living wills, do not resuscitate orders and the creation of an ethical will.

Sign up is required for all events. Please call 914.644.8844

80 Maple Avenue, White Plains, NY 10601



Gilda's Club Westchester is a FREE cancer support community for men, women, children and teens impacted by cancer. For more information, please call 914.644.8844 or visit our website: www.gildasclubwestchester.org