

**March
2010
Highlights**



**Open to the
Public &
Free of Charge**

*Wednesday, March 10
6:30-8:00 PM*

Be Your Own Patient Advocate

Julie Buyon, MA (Health Advocacy)

Patient Navigator, St. John's Riverside Hospital

Member of Gilda's Club Westchester

A cancer diagnosis can turn your world upside down. Take back control of your life in this workshop with a professional patient advocate. Learn how to clarify your treatment goals, get what you really need from your cancer healthcare team, be an organized patient, and be your own best advocate. No matter where you are in your cancer journey, you always have choices. Sign up required.

*Monday, March 15
1:00-2:00 pm*

Dealing with Anxiety

Rheba Rosenbluth, MS, LMHC

Anxiety, self doubt, panic and indecisiveness limit our feelings of balance and the ability to enjoy our lives. Learn specific skills to help control the worry process and deal with life's challenges and disappointments. Sign up required.

*Monday, March 15
1:00-3:00 PM*

Look Good...Feel Better!

A program of the American Cancer Society.

This program is for women currently in treatment. Space is limited. Reservations required.

*Tuesday, March 16
6:30-8:00 pm*

Updates in Colorectal Cancer

Joshua P. Raff, M.D.

Chief, Oncology and Hematology Section

White Plains Hospital Center

Join us for an update on the latest issues in colorectal cancer, including prevention, screening, genetic testing, and treatment.

Light dinner.

Sponsored by Roche Labs.

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