

Be in the **PINK** Education Series

(developed for breast cancer patients)

♥ **2pm – 3pm @ 10B Health Resource Centre (HRC)**

(NUH Medical Centre, Level 10, Corridor G)

07 Aug, Tuesday	Managing Fatigue
14 Aug, Tuesday	Staying Active During Treatment
21 Aug, Tuesday	Arm Care After Surgery
28 Aug, Tuesday	Managing Peripheral Neuropathy
04 Sept, Tuesday	Optimizing Your Nutrition During and After Treatment
11 Sept, Tuesday	Coping with Brain Fog
18 Sept, Tuesday	Mindfulness and Relaxation
25 Sept, Tuesday	Communicating with Family and Friends
04 Oct, Thursday	Coping with Menopausal Symptoms
11 Oct, Thursday	Meaningful Occupations and Return to Work
15 Oct, Monday	Beyond Breast Cancer

To register:

Email ncishrc@nuhs.edu.sg or call 9836 8204

