



2020 Breast Cancer Awareness Events

As many of you may know, October is Breast Cancer Awareness Month. One in eight women will be diagnosed with invasive breast cancer in their lifetime; that is an estimated 250,000 new cases a year, along with 63,000 new cases of non-invasive breast cancer. Statistics suggest that about 2,600 new cases of male breast cancer are diagnosed annually. Studies estimate that there are over 155,000 women and men living with metastatic breast cancer in the United States—and doing their best to live well.

We are pleased to share with you the many virtual activities that are planned throughout October to help raise awareness about breast cancer. It is our hope

that by sponsoring these events we can promote an open dialogue among women and men of all ages and backgrounds, thus acknowledging, empowering and supporting our community. We believe we can preserve the sense of community through this virtual format and remember we are stronger together. The added benefit of this virtual experience is that people who previously couldn't attend in-person will now be able to participate and be part of the community of hope.

Deeper Healing Meditation

Every Tuesday / 5:30 - 6:30 pm
Every Wednesday / 1-2 pm

Facilitator: Colleen Reilly, Integrative Shadow & Kundalini Yoga Instructor

Held via Zoom. Registration, Zoom link: for more information call (203) 852-CALM (2256) or contact IntegrativeMedicine@nuvancehealth.org

Boost the immune system, sleep deeper, reduce stress, help your lymphatic system, soothe your nervous system and relax.

Nutrition, Lifestyle & Breast Cancer Survivorship

October 7 / Wednesday / 6-7 pm

Speaker: Bridget Bennett, MS, RD, Oncology Nutritionist
Registration required, Zoom Link, call (203) 852-2300 or contact SmilowBreastCenter@nuvancehealth.org

Bridget Bennett, MS, RD, will discuss how nutrition can help prevent cancer, ease side effects during cancer treatment, and fuel the survivor.

Journaling for Resilience: Fostering Gratitude (4 part workshop)

October 8, 15, 22 & 29 / Wednesdays / noon - 1:15 pm

Registration, Zoom link: call (203) 852-CALM (2256) or contact IntegrativeMedicine@nuvancehealth.org

Guest presenter, Sue McKellop, is a certified Journal to the Self® instructor and breast cancer survivor. She will demonstrate the usefulness of expressive journaling. This four-part workshop will consider the many benefits of journaling and how to develop a journaling practice to help navigate the challenges of cancer survivorship. Limited to 12 participants. We kindly request that you plan to attend all sessions.

Metastatic Support Group

October 12 & 26 / Monday / Noon - 1:30 pm

Registration required, Zoom Link: call (203) 852-2300 or contact SmilowBreastCenter@nuvancehealth.org

Join others living with metastatic breast cancer for this zoom gathering. Facilitated by a professional therapist as well as a peer living with advanced disease, this group explores practical tools and strategies to navigate daily living.



Annual Kirsten L. Frankenhoff Memorial Breast Cancer Lecture

October 15 / 8 am (For staff only)

Registration, Zoom link: call (203) 852-2300 or contact SmilowBreastCenter@nuvancehealth.org

Facilitator: Mark E. Robson, MD, Medical Oncology, MSKCC

Topic: Genetic Predisposition to Cancer; Cancer Risk

BRCA & Beyond: The Contribution of Genetics

October 15 / Thursday / Noon - 1 pm

Registration, Zoom link: call (203) 852-CALM (2256) or contact IntegrativeMedicine@nuvancehealth.org

Speakers: Jessica Lipschutz, LCGC & Susan Ingram, LCGC, Genetic Counselors

Pink Car Swag Day #GetYourPinkOn

October 17 / Saturday

For more information call (203) 852-2300 or contact SmilowBreastCenter@nuvancehealth.org

Whether you participate for your friend who is newly-diagnosed, your sister living with breast cancer, for yourself as a survivor/thriver, or in memory of a loved one, we are stronger when we join together. The community is invited to create awareness, celebrate and honor our survivors and thrivers in their fight against breast cancer. All are encouraged to decorate their cars in pink, and breast cancer survivors are encouraged to write "Survivor" and the number of years of survivorship on their window and drive around town. Let's show a collective round of support and awareness for our community. Collage of pictures to be posted on our social media page. Email pictures to SmilowBreastCenter@nuvancehealth.org. Photo release will be requested. Remember to wear mask, practice social distance & safe driving.



Star 99.9 & Nuvance Health Pinktober Virtual Concert

October 29 / 7 pm

on Facebook LIVE at @STAR999FM

In support of Breast Cancer Programs at Nuvance Health, featuring:

- Ava Max
- Gabby Barrett
- Lukas Graham
- The Head and the Heart
- Jasmine Thompson
- Sam Fishcher

Breast Health Awareness Information Booth

October 30 / Friday / 1-2 pm

SoNo Collection, 100 N. Water Street/Norwalk

Breast team will provide educational information to empower and educate all on breast health. Navigation to schedule mammogram will be available.

Pink Patch Project

For more information call (203) 852 2300 or contact SmilowBreastCenter@nuvancehealth.org

Norwalk Police Department, the Norwalk Police Benevolent Association, Norwalk Fire Department, and EMS (Emergency Medical Services) will show support throughout October to raise awareness and funds for breast cancer research and treatment. Various fundraising campaigns will be held to support the month long efforts such as the Pink Patch Project, selling t-shirts, hoodies, magnets and patches.

