

OCTOBER IS BREAST CANCER AWARENESS MONTH

Join us for Free Virtual WebEx talks with Exeter Hospital's Center for Breast Health



Join us from the comfort of your home! No registration is required, simply go to the appropriate WebEx link at 5:00 pm. Each presentation will be followed by a Q&A session, so have your questions ready.



Breast Screening

Alex Raslavicus, MD, *Exeter Hospital Radiology*

October 8th • 5:00 p.m.

Screening mammography: why it's important, the technical aspects, and recommendations relating to frequency and duration of screening.

[WebEx Link to attend.](#)



Put your Best Breast Forward, the Importance of Breast Health

Rebecca Kwait, MD, FACS, *Medical Director, Exeter Hospital's Center for Breast Health*

October 14th • 5:00 p.m.

A discussion about evaluating and managing breast cancer risk, practicing self-breast awareness, ways to prevent breast cancer and options for treatment if it is discovered.

[WebEx Link to attend.](#)



Exercise Prescription for Cancer Care

Nancy Potter, MSPT, *Exeter Hospital Rehabilitation Services*

October 26th • 5:00 p.m.

Do you want to feel better, sleep better and move better? Being active during and after a cancer diagnosis is an important way to reduce fatigue, increase strength and help decrease treatment side effects.

[WebEx Link to attend.](#)



Mindfulness and Coping with Cancer

Suzanne Corbett, LICSW, *Exeter Hospital's Center for Cancer Care*

October 28th • 5:00 p.m.

An introduction to mindfulness practice as a tool to reduce stress and improve mental health during cancer treatment.

[WebEx Link to attend.](#)



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