



Breast Cancer Support Group

Breast cancer can be one of the most stressful experiences of someone's life. The Breast Cancer Support Group can help many people cope with the emotional aspects of breast cancer by providing a place to share experiences and learn from others who are facing similar situations. Breast cancer patients, along with their families, friends and caregivers are invited to take part in this group, which will focus on the challenges of living with breast cancer.

UP Health System -Marquette will host breast cancer support group events on the following days at **UPHSM Conference Center Room 4**. All meetings are at **6 p.m.** on the **second Thursday of each month** unless otherwise specified.

2018

September 13th

Crafts. Bring your creative self (and maybe a paint marker or glue gun). Rocks, ribbons, recuperation!

October 11th (Meeting at 4 pm. Please note change in time)

"3D Mammography/Tomosynthesis"

Dr. Heidi Henry, Radiologist

November 8th

"Essential oils and their benefits to breast cancer survivors"

Michelle Trawick, Gold-Level Leader at Young Living

December 13th

Holiday potluck. Please bring a dish or treat along with someone to share it with!

More Details

There is no cost to attend and pre-registration is not required. Light refreshments will be available. The support group is also teleconferenced to Manistique and Baraga. All meetings will be held at UPHSM Conference Center • Third Floor • East Wing (Use East Entrance on College Avenue.) If inclement weather results in local school cancellations, the support group will be cancelled.

2019

January 10th

"Low-dose lung screening"

Heather Heuer, R.T. Lung Cancer Navigator, UPHSM

February 14th

"Choosing to be flat"

Katie Fink shares her personal journey with breast cancer.

March 14th

"Let's talk about Advanced Directives, the elephant in the room"

Jacalyn Lasich, MSW Oncology Social Worker, UPHS - Marquette

April 11th

"Spirituality in Nature Group"

Andrea Chynoweth, Park Ranger at Pictured Rocks National Lakeshore

May 9th

Casa Calabria Italian Restaurant, Marquette, MI

Come join us for good food and company.

June 13th

Support Session 4pm

July 11th

Support Session 4pm

August 8th

Support Session 4pm

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For more information, please contact Danielle Haanpaa, RN, BSN at **906.225.4899**.

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MARQUETTE
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