

Weaving Wellness Into Your Life

Breast Wellness for All Ages

— What you need to know —



St. Matthew's Church
Women's Wellness Event



Saturday, January 30th
8:00 a.m. — 1:00 p.m.

We ALL know someone...

St. Matthew's Ev. Lutheran Church
1615 Wauwatosa Ave.
Wauwatosa, WI 53213-2624

ADDRESS SERVICE REQUESTED

Registration Form

Name(s)

Address

E-mail Address

Area Code And Phone Number

_____ Registration @ \$10 per person

_____ I would like to donate an additional
\$5 to help provide transportation for
women at Cross and Reformation
Lutheran Churches to get mammograms.

Scholarships available. Contact Pastor Margaret
Schoewe at the church office.

Return this form to the church office with your
payment. Make checks payable to:

St Matthew's Ev Lutheran Church
1615 Wauwatosa Ave.
Wauwatosa WI 53213
414-774-0441

Please let us know if you need childcare.

For more information on good screening
go to www.stmattslutheran.org under
Women's Ministry.

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Organization
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Milwaukee, Wisconsin
Permit No. 3012

Come...learn and build relationships

Each year, Breast Cancer affects our mothers, our sisters, our friends...maybe ourselves.

Can you minimize the risk of getting Breast Cancer by nutrition and lifestyle? Do quality screening and diagnostics really make a difference? How do you advocate for yourself to get the best care? What do you say when you are face to face with a woman who is confronting the diagnosis of breast cancer?

Designed for women of all ages and backgrounds, this event will prepare, teach and encourage us as we learn about prevention, detection/ screening and what to do when the diagnosis has been confirmed.

Be moved by inspiring stories from a panel of breast cancer survivors. Learn how to be your own best advocate. Uncover what you have always known – we do need each other and can help those we love with our prayers, knowledge and support.

Come with your mother, daughter, sister, friend, co-worker...just come.

*Weaving Wellness
Into Your Life*



Schedule for the Day

- 8:00 - 8:45 Registration
Local/healthy breakfast***
Come early to visit with friends & visit informational tables.
- 8:45-10:00 Physician Panel –
Message highlights**
• *Dr. John Charlson, Medical Oncologist*
• *Dr. Christopher Chitambar, Medical Oncologist*
• *Dr. Julie Kepple, Breast Surgeon*
• *Dr. Richard Wagner, Clinical Breast Radiologist*
- 10:00-10:15 Break**
- 10:15-11:00 Breakout sessions**
- 11:00 – 11:30 Break**
• **Visit information tables**
• **Participate in weaving a prayer shawl**
- 11:30 -12:15 Breakout sessions**
- 12:25-1:00 Survivor Stories & Closing**

* Food will be available throughout the event.
Please do not take food into the sanctuary.

List of Breakout Sessions

Please indicate your top 3 preferences by placing the #1, #2 or #3 in front of the breakout session. Depending on space availability, there will be some flexibility to change choices on the day of the event.

___ Lifestyle – Nutrition

- Dr. John Charlson, Medical Oncologist
- Dena McDowell - Dietitian

___ Quality Screening & Early Detection

- Dr. Richard Wagner, Clinical Breast Radiologist
- Ruth Picotte – Mammogram Technician

___ Hope in the Face of Breast Cancer

- Dr. Chris Chitambar, Medical Oncologist

___ Patient Advocacy & Navigation

- Julie Griffie – Patient Navigator

___ Spiritual Support

- Chaplain Steve Stern - Froedtert

Informational Tables

ABCD

Susan G. Komen for the Cure
Sisters Network Inc
Wisconsin Well Women's Program
UW - Extension – Nutrition
Advocacy

Buckwheat Pillows For Sale
Exercise for Wellness
Spiritual Resources