

January - March 2023


Breast Cancer Online Educational Programs

Programs	Date	Time	Format
Dance Exercise for Breast Recovery	Mondays	12-1pm ET	Zoom
	Jan 2, 9, 16, 23, 30		
	Feb 6, 13, 20, 27		
	Mar 6, 13, 20, 27		
	Thursdays		
	Jan 5, 12, 19, 26		
Feb 2, 9, 16, 23			
Mar 2, 9, 16, 23, 30			
Yoga and Meditation for All Women with Three and Half Acres	Thursdays	6-7pm ET	Zoom
	Jan 12, 26		
	Feb 9, 23		
Mar 9, 23			
Let's Talk About It: Triple Negative Breast Cancer	Tuesdays	6-7pm ET	Zoom
	Jan 17		
	Feb 21		
Mar 21			
Report Back from San Antonio Breast Cancer Symposium (SABCS 2022)	Tuesday Jan 10	2-3pm ET	Webinar
Develop Nutritious and Colorful Eating Habits During and After Breast Cancer Treatment	Thursday Feb 9	7-8:30pm ET	Zoom
Bridging Clinical Gaps and Disparities in Care in TNBC	Wednesday Feb 15	1-2pm ET	Webinar
Part 2: When Cancer Treatment Causes Menopause - The Emotional Impact	Thursday Feb 16	1-2pm ET	Webinar
Blood Clots and Cancer: What You Need to Know	Wednesday Mar 22	3-4pm ET	Webinar
When to Consider Multi-Gene Testing in Early-Stage and Metastatic Breast Cancer	Thursday Mar 30	6-7pm ET	Webinar

Breast Cancer Support Groups

Programs	Date	Time	Locations
Ductal Carcinoma in Situ (DCIS - Stage 0) Support Group	Mondays Jan 9 Feb 6 Mar 6	6-7:30pm ET	Zoom
Breast Cancer Support Group	Mondays Jan 16 Feb 6, 20 Mar 6	8:30-9:30pm ET	Telephone
Breast and Ovarian Cancer Support for Women of African Descent	Tuesdays Jan 17 Feb 7 Mar 7, 21	1st Tuesday: 6-7:30pm ET 3rd Tuesday: 4-5:30pm ET	Zoom
Brooklyn Breast Cancer Support Group	Tuesdays Jan 10 Feb 14 Mar 14	3:30-5pm ET	Telephone
Breast Cancer Support Group	Tuesdays Jan 10, 24 Feb 14, 28 Mar 14, 28	6-7:30pm ET	Zoom
Bronx Breast Cancer Support Group	Wednesdays Jan 25 Feb 22 Mar 22	9:30-11am ET	Zoom
Queens Breast Cancer Support Group	Thursdays Jan 12 Feb 9 Mar 9	7-8:30pm ET	Zoom
Aromatase Inhibitors and Tamoxifen Support Group	Thursdays Jan 19 Feb 16 Mar 16	6-7:30pm ET	Zoom
Breast Cancer Support Group	Sundays Jan 15 Feb 12 Mar 12	5-6:30pm ET	Zoom