



WOMEN & WELLNESS WEBINAR

*Every 3rd Tuesday 6-8pm starting
Dec 15, 2020*

Engage with a circle of women in an interactive discussion on health and wellness topics identified by African American cancer survivors. Presenters will share various topics to better support you during your journey.

Monthly webinars will focus on:

- Self-Care and stress-management
- Nutrition and Physical activity
- Late term effects (Ask an Oncologist)
- Financial Resources

African American women who have been diagnosed with cancer are invited to attend. Research participants will receive up to \$100 for entrance/exit interviews and one-on-one sessions with Community Health Workers.

**CLICK HERE TO REGISTER: [HTTPS://TINYURL.COM/Y69ZYO7N](https://tinyurl.com/Y69ZYO7N)
OR CONTACT DR. JAMILA KWARTENG
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