

# Breast Cancer *Survivorship*

Free nine-month series of powerful presentations focused on living through and after treatment.



## Breast Cancer Survivorship *future topics:*

**Sept. 16**  
Taking Control of Your Health  
*Candilee Butler, MD*

**Oct. 21**  
Staying Positive  
in Uncertain Times  
*Kathy Goetz, MA, LPC*

**Nov. 18**  
Managing the Effects of  
Cancer Treatment  
*Heidi Nichols, APRN-BC*

## Giggling Your Way *to Good Health*

Put the old saying "laughter is the best medicine" to work! Registered nurse and experienced humor speaker, Diane Simon, will help you discover what happens to our bodies when we laugh, take a glance at some of the studies on laughter, learn how to apply laughter to our health and discover the link to longevity.

### August 19

7 - 8:30 p.m.

Flower Hospital • Medical Office Building  
adjacent to the Hickman Cancer Center

To register, call 1-877-291-1441.

Attend seven out of the nine events and you will receive a gift pack with terrific prizes including a Survivor's Almanac, t-shirt and much more!

Refreshments and door prizes will be provided. Lucas County residents may also be eligible for transportation assistance, call today!

### Meet the *Speaker*

Join laugh-out-loud speaker, *Diane Simon, RN, CEN*, to learn how to giggle your way to good health. Diane has been a certified emergency nurse for more than 20 years, currently serving as the Emergency Center unit coordinator and trauma coordinator and registrar for Defiance Regional Medical Center.

In 2006, Diane was a state-wide finalist for the Ohio Hospital Association's Alfred E. Dykes Healthcare Worker of the Year Award, is the president of the Ohio Society of Trauma Nurse Leaders and is also a certified lay minister at her church.

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