

# Be in the **PINK** Education Series

(developed for breast cancer patients)

♥ **Tuesdays, 2pm – 3pm @ 10B Health Resource Centre (HRC)**  
(NUH Medical Centre, Level 10, Corridor G)

- 7 Nov** Managing Fatigue
- 14 Nov** Staying Active During Treatment
- 21 Nov** Arm Care After Surgery
- 28 Nov** Managing Peripheral Neuropathy
- 5 Dec** Optimizing Your Nutrition During and After Treatment
- 12 Dec** Coping with Brain Fog
- 19 Dec** Mindfulness and Relaxation
- 9 Jan** Communicating with Family and Friends
- 16 Jan** Meaningful Occupations and Return to Work
- 23 Jan** Coping with Menopausal Symptoms
- 30 Jan** Beyond Breast Cancer

**To register:**

Email [ncishrc@nuhs.edu.sg](mailto:ncishrc@nuhs.edu.sg) or call 9836 8204

