

# 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)

- 08 May** Managing Fatigue
- 15 May** Staying Active During Treatment
- 22 May** Arm Care After Surgery
- 05 June** Managing Peripheral Neuropathy
- 12 June** Optimizing Your Nutrition During and After Treatment
- 19 June** Coping with Brain Fog
- 26 June** Mindfulness and Relaxation
- 03 July** Coping with Menopausal Symptoms
- 10 July** Communicating with Family and Friends
- 17 July** Meaningful Occupations and Return to Work
- 24 July** Beyond Breast Cancer

**To register:**

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

