

Taking Charge of Your Bone Health after Breast Cancer

In-Person or Online Workshop

Saturday, June 18, 2022 9AM – 2PM

The Presbyterian Church of Chestnut Hill, 8855 Germantown Ave, Philadelphia, PA 19118



Register online at ourstrongbones.com/product/bone-health-workshop-2022/

ALL proceeds from this workshop will be donated to **Surviving Breast Cancer**, a non-profit organization providing education, community, and support resources to patients and their families.

www.survivingbreastcancer.org

Joanne Fagerstrom is proud to introduce this year's speakers (*additional info on website*):



Wendy Romig, DCN, MS, CNS, LDN is a Doctor of Clinical Nutrition and owner of Sage Integrative Health Center. Wendy will discuss the foods that best support your healing journey, what an "anti-cancer" diet looks like, and the critical importance of taming inflammation for skeletal and overall health.

www.sageintegrativehealth.com



Betsy Butterworth, PTA, CLT is a physical therapist assistant with 18 years of experience as a Certified Lymphedema Therapist. Betsy will explain what lymphedema is, who is at risk, how it is managed, and common misconceptions, such as "you are safe if you do not develop lymphedema immediately after surgery or radiation."



Jennifer Schelter, MFA, RYTT 500 is a creative leader who has facilitated mindfulness-based programs for thousands of women and men around the world, earning her "Best of Philly" multiple times. Jennifer will teach us how to "go within" to support our wellbeing, our spirituality, and our enjoyment of living.

www.jenniferschelter.com



Sandy Folzer, PhD is a retired licensed psychologist and breast cancer survivor for 28 years. Sandy will share what she has learned along the way and the importance of being your own advocate. Additionally, Sandy is an environmental activist and has written numerous articles about the environmental impacts on our health.

Joanne Fagerstrom, PT, CFP, owner of Mindful Physical Therapy LLC, is a bone health specialist. Joanne has been a physical therapist since 1978 and is the creator of Strong Bones Exercise Classes. Joanne will discuss how many of the treatments for breast cancer can weaken our bones, the importance of understanding bone density tests, why you must have a *bone health plan*, and evidence-based ways to safely and effectively strengthen your skeleton.

Register for the workshop by May 31st. On receipt of payment, you will be provided a password to access to the workshop via ZOOM on June 18, 2022.

Payment Options:

- **Mail a \$40 check payable to Mindful Physical Therapy**
632 Germantown Pike, Lafayette Hill, PA 19444 (*Write In-Person or Online on the Check Note*)
- **By credit card with Paypal or Amazon**

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Questions? Please contact me at jpfagerstrom@gmail.com

These workshops sell out quickly – please reserve your place today!