

Are you a health care practitioner working with a substantial number of female clients?

Don't miss these two one-day symposiums on

Becoming Cancer Conscious

each day is full of information you will need to work with the growing population of breast cancer survivors.

If 1 in 8 women will diagnosed with breast cancer in their lifetime, odds are that many of your patients and clients have already been affected by cancer treatments.

Let us help you help them



38 Waban Street
Newton, MA 02458
voice: (617) 795-2214
fax (617) 795-2216

Our motto is: Got Life? Get Living!

Personal Trainers, Massage Therapists,
Fitness Instructors, Yoga and Dance
Instructors & students of all disciplines

When:

8:00-9:00am Registration
9:00-noon Symposium
Noon-1:00pm Lunch on your own
1:00-5:00pm Symposium

Where:

St Elizabeth's Hospital
Seton Auditorium
736 Cambridge Street
Brighton, MA 02135

How Much:

\$65 until 4/1, \$80 thereafter

Parking available and MBTA accessible

Nurses, Physical Therapists, Occupational
Therapists, Lymphedema Therapists, Physician
Assistants Exercise Physiologists, Medical
Exercise Specialists, and Students of all disciplines.

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Where:

Boston University's
Kenmore Class Room Building
565 Commonwealth Avenue
Boston, MA

How Much:

\$150 until 4/1, \$175 thereafter

Parking available and MBTA accessible

The Instructors

Anthony C. Cahan, M.D., F.A.C.S., has been Physician-in-charge of the Robert and Helen Appel Comprehensive Breast Service, Beth Israel Medical Center-Singer Division, N.Y.C., since 1989. He currently holds positions at Beth Israel Medical Center, New York Presbyterian Hospital, Northern Westchester. Presently he is Assistant Professor of Surgery at N.Y. Medical College, Valhalla, N.Y. Dr. Cahan graduated from Cornell University Medical College in 1982 and completed his medical training at New York Hospital and Memorial Sloan Kettering, New York City. He is a fellow of the American College of Surgeons and a member of the Alpha Omega Medical Honor Society. Dr. Cahan has co-authored a textbook on early stage breast cancer, and has published numerous papers on the disease and its treatment.

Stephen F. Markus, M.D., is a graduate of University of MA Medical School and is a resident training in Physical Medicine and Rehabilitation. He has taught at the Massachusetts Institute of Therapeutic Massage, Muscular Therapy Institute, The Boston Shiatsu School and the New England School of Acupuncture. During his time at these institutions, Dr. Markus has studied basic massage and shiatsu, Tui na and the theory of Traditional Chinese Medicine. His teaching style is designed to integrate both western and eastern approaches to health and healing. He is currently teaching a class in Qi Gong for cancer survivors at the Lahey Clinic in Burlington.

Nancy J. Roberge, P.T., MEd. has been a practicing physical therapist since 1974. She has specialized in the care of women (and men) after breast cancer treatment since 1993. Her practice focuses on this patient population. She lectures locally to two Physical Therapy Master's programs to excite and motivate students to consider the Physical Therapy needs of patients with breast cancer. She also lectures to Radiation Oncology nurses and doctors, breast surgeons and support groups, health clubs, hospital PT/OT departments on the need for and benefits of Physical Therapy intervention in the breast cancer patient.

Annie Togli, MES, ACSM, CSCS, is the author of "*Staying Abreast, Rehabilitation Exercises for Breast Cancer Surgery*" and the website www.stayingabreast.com. A Medical Exercise Specialist and breast cancer advocate, she has been living with stage-4 breast cancer since 1996. Annie is currently presenting her methodology at hospitals, rehabilitation centers, and comprehensive fitness facilities. She also helps practitioners develop their breast cancer rehabilitation programs