

2010 Kinnon Survivor Celebration 'Men's Night Out' Dinner and Workshop



Celebration Dinner Thursday, April 22, 6–9 p.m.

Keynote speaker **Marc Silver**, author of “**Breast Cancer Husband**,” will offer a unique perspective into survivorship as he talks about the experiences he and his wife went through as she was being treated for breast cancer. Attendees will have a chance to meet the author before dinner is served.

Lehigh Valley Hospital–Muhlenberg
ECC Rooms A-C
2545 Schoenersville Road
Bethlehem, Pa.



Survivor Workshop Friday, April 23, 8 a.m.–2 p.m.

Taking a holistic approach, the workshop focuses on all aspects of survivorship: the body, mind and spirit. Concentrate on your physical health with sessions such as nutrition, exercise, yoga and medical follow-up. Then rejuvenate mentally and spiritually with sessions on body image, sexuality, mindfulness and the psychological implications of survivorship. Additional sessions will help you explore numerous proven techniques designed to reduce anxiety you might experience in this new period of your life.

Lehigh Valley Hospital–Muhlenberg

Banko Community Center
Westgate Drive
Bethlehem, Pa.

Located at south entrance to campus, off of Westgate Drive

For more information, call 610-402-0689.

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