

## McLaren Print System Order

Order No: 7755  
 Order Date: 2014-12-19  
 User: michelle frasik  
 Phone: 989-894-3813

Ship Location: mclaren bay marketing - michelle frasik  
 503 mulholland ave.  
 bay city, mi 48708

Brochures  
 Quantity: 1000  
 Paragon Dept No: 94505  
 Dept Name: mclaren bay marketing  
 Company Number: 210

Order Total Price: 154.00

Item Number: B-13  
 Item Description: Maintaining a Healthy Lifestyle Flyer  
 Revision Date: 12/2014  
 Print: 1 sided full color  
 Paper: 32# Color Copy Text  
 Size: 8.5 x 11  
 Fold: None  
 Finish:  
 Drill:  
 Misc Info:



## Maintaining a Healthy Lifestyle January-March 2015

The Breast Cancer Support Group at McLaren Bay Region proudly offers a Breast Cancer Educational Forum for new patients, caregivers, and survivors.

*Join us for a presentation and answer session of a topic related to breast cancer. This is followed by a meeting of our support group that you are welcome to listen, ask questions, or participate if you desire.*

### January

**"Excuses Don't Get You Healthy"**  
 All you need is 20 minutes per day to start you on a program of physical fitness and wellness. Join us for a presentation on fitness, yoga and meditation, as well as learn exercises that you can do at home to jumpstart your 2015 fitness goals.  
 Presented by: Beth Tolson, Bay County Recreation Assistant  
 Thursday, January 8th at 6:00 p.m.

### February

**"The Role of Chemotherapy"**  
 Chemotherapy is a type of cancer treatment that uses drugs to destroy cancer cells. There are many factors that may lead to the choice of chemotherapy as an effective part of your treatment.  
 Presented by: Muhammad Moid, MD, Hematology/Oncology  
 Thursday, February 5th at 6:00 p.m.

### March

**"All About Relay"**  
 Please join us for our kick-off presentation about this year's Relay for Life that will be held in the summer.  
 Presented by: "Bosom Buddies", Breast Cancer Support Team  
 Thursday, March 5th at 6:00 p.m.

All the meetings will be held in the conference room at the Health Pavilion, 2175 W. Professional Drive - located on McLaren Bay Region's West Campus. Donations are welcome to join your RSOFF (optional), but not required to Nancy at 989-267-6257.

### Your Hosts



Tami Shull, MD,  
 Breast Surgeon

and  
 Nancy Morrow, RN  
 Breast Health Navigator  
 will be your hosts for the meeting and will also be available to answer any individual questions that you may have.

