



Breast Cancer in Young Women

A Virtual Forum Series
for Patients and Survivors

October 6 – 29, 2020



SUSAN F. SMITH
CENTER FOR
WOMEN'S CANCERS

Young
and **strong**[®]
A PROGRAM FOR YOUNG WOMEN
WITH BREAST CANCER

 Dana-Farber
Cancer Institute |  BRIGHAM AND
WOMEN'S HOSPITAL
DANA-FARBER/BRIGHAM AND WOMEN'S CANCER CENTER

Schedule of Events

WEEK 1

Tuesday, October 6
6:30 – 8 p.m.

Welcome and Patient Panel

Meet and Greet Social

Thursday, October 8
6:30 – 8 p.m.

WEEK 2

Tuesday, October 13
6:30 – 8 p.m.

Expert Panel: Active Treatment

Cancer x COVID-19 = Anxiety²
Let's Talk About It

Thursday, October 15
6:30 – 8 p.m.

WEEK 3

Tuesday, October 20
6:30 – 8 p.m.

Keynote Speaker: Dana Donofree, *Ten Years of Learning a Life with Breast Cancer*
Followed by a social

Wellness Workshop Panel

Thursday, October 22
6:30 – 8 p.m.

WEEK 4

Tuesday, October 27
6:30 – 8 p.m.

Resources, Support, and Opportunities Panel

Closing Social

Thursday, October 29
6:30 – 8 p.m.

[REGISTER HERE](#)

More information about each session is included in the following pages.

WEEK 1

Tuesday, October 6 | 6:30 – 8 p.m. Welcome and Patient Panel

Join us for Young and Strong's first ever Breast Cancer in Young Women Virtual Forum Series kick-off event! This is a great opportunity to learn more about Young and Strong and hear from a panel of your peers – women who understand the unique challenges of facing breast cancer as a young woman.

Thursday, October 8 | 6:30 – 8 p.m. Meet and Greet Social

Mix yourself a Pineapple Cobbler Cocktail (with or without the alcohol!) or grab your go-to beverage of choice and join us for this virtual social event with other members of the Young and Strong community.

Pineapple Cobbler Cocktail

1 oz strawberry juice
0.5 oz lime juice
3 oz pineapple juice
Club soda (to taste)
1.5 oz vodka (optional)



WEEK 2

Tuesday, October 13 | 6:30 – 8 p.m. Expert Panel: Active Treatment

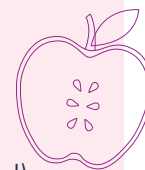
Facilitated by Ann Partridge, MD, MPH, founder and director of the Program for Young Women with Breast Cancer, this panel of experts will present recent advances in the field of breast cancer and share advice for those currently receiving active treatment. Please feel free to submit questions for the panelists by emailing youngandstrong@partners.org.

Thursday, October 15 | 6:30 – 8 p.m. Cancer x COVID = Anxiety² *Let's Talk About it*

In this interactive discussion with your peers and Dana-Farber social workers, you'll have the chance to share some of the challenges you've encountered during the COVID-19 pandemic and learn strategies for alleviating anxiety and taking control of your mental health. Please feel free to mix yourself an *Apple Cider Cocktail* (with or without the alcohol!) or grab your favorite refreshment for this conversation-focused event.

Apple Cider Cocktail

3 oz cider
0.5 tsp lemon juice
2 oz ginger beer
or ginger ale
2 oz bourbon (optional)
Apple slice, thyme sprig,
and cinnamon stick for garnish



WEEK 3

Tuesday, October 20 | 6:30 – 8 p.m. Keynote Speaker: Dana Donofree, *Ten Years of Learning a Life with Breast Cancer* Followed by a social

Dana Donofree's experience as a young breast cancer patient led her to found AnaOno, a lingerie line for women who have had breast cancer.

Dana is active in the breast cancer community and a Metavivor advocate. She is proud to be able to



make a difference in the lives of women worldwide.

Mix yourself an Aperol Spritz, Dana's favorite happy-hour drink (with or without the alcohol!), or grab your beverage of choice and stick around after the keynote address for an informal hang-out with Dana.

Thursday, October 22 | 6:30 – 8 p.m. Wellness Workshop

Join other young women with breast cancer and Dana-Farber wellness experts to learn more about sexual health, nutrition, exercise, and sleep. Please feel free to submit questions for the panelists by emailing youngandstrong@partners.org.

Aperol Spritz

Cocktail

3 oz Aperol
3 oz dry Prosecco
1 oz club soda
Orange slice, for garnish

Mocktail

2 oz grapefruit juice
1 oz orange juice
1 oz simple syrup
Club soda (to taste)
Orange slice, for garnish



WEEK 4

Tuesday, October 27 | 6:30 – 8 p.m. Resources, Support, and Opportunities Panel

Join us for a discussion with representatives from local and national organizations that support young women with breast cancer throughout their cancer journeys. Participants will have the opportunity to ask questions during the panel discussion.

Thursday, October 29 | 6:30 – 8 p.m. Closing Social

Mix yourself a Cranberry Orange Cocktail (with or without the alcohol!) or grab your favorite hot or cold drink and join us for our closing social event to wrap up our month of connecting, learning, and building new relationships.

Cranberry Orange Cocktail

2 oz lemon-lime soda
2 oz cranberry juice
2 oz orange juice
1.5 oz vodka (optional)
Slice of orange for garnish

