

# Long Beach Medical Center



*is pleased to introduce our new*

## Breast Cancer Support Group

As part of our comprehensive breast health services, Long Beach Medical Center is pleased to announce the establishment of its new Breast Cancer Support Group. Led by a registered nurse, the group offers a positive and supportive environment for individuals with breast disease.

**Meetings are held on the 2<sup>nd</sup> and 4<sup>th</sup> Monday of each month at 7:00 PM in the Hospital's Employee Dining Room (Lower Level).**

The group offers support, guidance and education on the emotional and psychosocial aspects of coping with breast cancer, its impact on the individual as well as the family, and information on topics such as: understanding your diagnosis, treatment options, chemotherapy, radiation, pain management, exercise, nutrition, stress management and more.

Sessions are appropriate for newly diagnosed individuals, survivors and previvors. All are welcome!

For more information, call Long Beach Medical Center's Breast Health Services at **(516) 897-1344** or visit [www.lbmc.org](http://www.lbmc.org).



455 E. Bay Drive, Long Beach

[www.lbmc.org](http://www.lbmc.org)

516 897-1000