



Care & Share

Newsletter

March 2016

Local Services, Local Support



Alaina Van Gelder
Executive Director

This month I am reminded of living mindfully and intentionally in our everyday lives – *being present, in the present*. Many times we pass through life as a bystander, but how can we be more mindful of our loved ones and ourselves in this journey? How can we be more intentional in our actions towards others? Take a moment and think about how breast cancer has affected your life or maybe someone you know. In what ways have you shown strength through this journey or having watched someone else go through it? Whether you have felt helpless, hopeless, or lost – who or what helped you overcome and persevere?

Your story is valuable and at WSW it is stories like yours that help us to be better at what we do. Share your story with us on Facebook, via email or phone, or just pop in. Help us to encourage others who are at every stage of breast cancer.

Author Penelope Trunk couldn't have said it better, "*Spring is a time to find out where you are, who you are, and move toward where you are going*". As you reflect on your path, we too are thinking about where we are as an organization, ways "who we are" can be better for our community, and our roadmap for where we want to go – but we can't do it without your help. Whether you're a survivor, caregiver, friend, co-worker, or know someone who has been affected by breast cancer – we want to know what Women Supporting Women means to you. If you didn't get the chance to take our short survey, find the link on our Facebook page or enter: <https://www.surveymonkey.com/r/PF88RLL> into your browser. Your input will help us better define our journey as an organization.

Alaina Van Gelder

Alaina@WomenSupportingWomen.org

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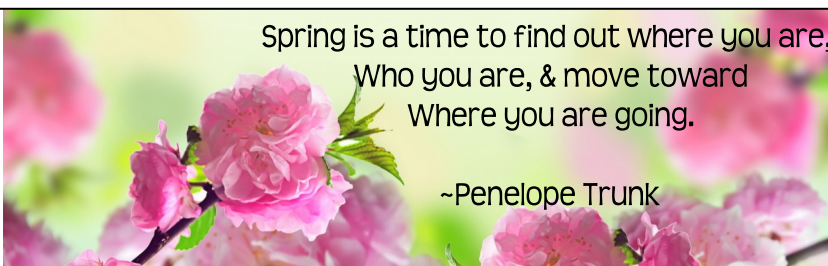


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Funding for this month's issue provided by:



SURVIVOR SUPPORT GROUP MEETINGS

Salisbury Office

1320 Belmont Avenue, Suite 402
Salisbury, 410-548-7880

6:30 pm, Thursday
March 3rd

Topic/Speaker: Open Forum

Facilitator: Kyle Beebe

Pocomoke Community Center

1410 Market Street - *Maryland Room*
Pocomoke, 202-247-7526

5:30 pm, Thursday
March 17th

Topic/Speaker: Open Forum

Facilitator: Virginia Schneider

***PLEASE NOTE PERMANENT DAY OF THE MONTH CHANGE**

Crisfield

If you would like to talk to someone or be mentored
please call for an appointment 410-548-7880

Facilitator: Monique Welch, RN

Atlantic Health Center Conference Room

9714 Healthway Dr - Berlin, MD
Ocean City, 410-213-1177

1:00 pm, Wednesday
March 16th

Topic/Speaker: Who is Women Supporting
Women and how can we help you?

Facilitator: WSW and Atlantic General
Hospital staff

****Lunch provided at this meeting only***

Christ Episcopal Church

601 Church Street
Cambridge, 410-463-0946

5:30 pm, Tuesday
March 22nd

Topic/Speaker: Open Forum

Facilitator: Sue Todd, LCSW-C

SURVIVOR STORY

The Aftermath of Cancer

by Val Jones

Four years ago, I was diagnosed with breast cancer. I did my best to muddle through treatment – mostly clinging to the notion that it would all be over soon and I'd finally be able to put it behind me.

However, the “end” I so fervently awaited never actually came. Sure, treatment ended, but checkups ensued. That, of course, was accompanied by paralyzing fear that I'd relapse. Then there was the survivor's guilt. Not to mention the drawn out reconstruction process.

To make a long story short, I found myself coping with cancer long after I was officially declared “cancer-free.”

In the days, and even months, following the end of my treatment, it was difficult to return to life as usual. It seemed like everyone around me had celebrated my clean bill of health and moved on, leaving me to cope with the aftermath alone.

To make a long story short, I found myself coping with cancer long after I was officially declared “cancer-free.”

It didn't take me long to realize that there's more healing to be done after cancer than just the obvious physical healing. I had to learn to accept a new normal for my life, one that melded the “new me” with my pre-cancer self. How did I do it? Well, I don't claim to have all the answers, but here are three things that have really helped me along the way:

1 Reaching out to others who have similar experiences

After my cancer diagnosis, my initial response was to avoid forging new friendships, but after treatment ended, I was more open to mingling with others. It was then that I realized that the camaraderie with other survivors was the missing piece to my full recovery. While I couldn't have made it through this ordeal without the support of my friends and family, it was imperative to find others who'd traveled my path and could offer emotional support through my readjustment phase and the future beyond.

2 Granting myself permission to experience – but not dwell on – my bad days

Trying to live up to that “keep it positive” expectation often put on cancer survivors is exhausting and, quite honestly, fake. However, when I “keep it real,” it allows me to actively grieve over how my life has changed since cancer, and helps me move closer to accepting those changes. Not only is the occasional meltdown an emotional release, but the process of working through it also helps me to rebuild myself as a stronger person.

3 Investing in the recovery of others

Two years ago, I created Victorious Val & the Breast Cancer Crusaders, a community of encouragement and kindness for cancer survivors, co-survivors, and supporters. Through this, I've found that the benefits of investing in others are twofold. Not only do I help other survivors cope with the aftermath of cancer, but by investing in others, I also find healing for myself.

Over the past four years, I have re-discovered myself, as well as a new level of joy, but it hasn't been without effort and practice. While cancer re-vealed blessings, gave me a new, healthier outlook on life, and even fueled my passion for living, it also left me confused and often angry. However, I have found ways to cope.

While there's no manual for dealing with cancer's aftermath, there are things you can do to regain your sense of self after a health crisis. Like anything, it takes time to accept change, adapt to it, and find a new normal for your life, but countless survivors have successfully navigated the aftermath of cancer. I believe you can too.



Val Jones, a breast cancer survivor, teaches middle school English in Austin, TX, and is a freelance writer. Founder of Victorious Val & the Breast Cancer Crusaders, she helps women through the emotional ups and downs of cancer. When Val's not writing or actively advocating in the cancer community, she dedicates herself to fitness and living a healthy lifestyle.

This article was originally published in Coping® with Cancer magazine, November/December 2015.

MEDICAL UPDATE

Infections Are Serious Threats for People with Cancer Learn How to Protect Yourself

by Linda Graviss, MT, CIC, and Roy Chemaly, MD, MPH, FIDSA, FACP

Did you know that your body's number-one defense against infections is often compromised when you have cancer? Both chemo-therapy and radiation therapy can weaken your immune system, lessening its ability to put up a good fight against the germs that cause infections. Moreover, surgery and other medical procedures break or damage the skin – your body's primary infection defense – increasing your risk for developing infection.

Your weakened immune system and damaged skin barrier, combined with increased exposure to healthcare settings during cancer treatment, also puts you at risk for acquiring nasty germs like *MRSA* and *C. diff* that can't easily be treated with common antibiotics. However, there is good news. You *can* take action to protect yourself.

The most effective way to prevent the spread of germs is also the simplest – good handwashing. It's important to wash your hands thoroughly and often. (See sidebar for an explanation of the proper technique.)

Be especially careful in the kitchen. It harbors more bacteria than any other room in the house.

You can also use an alcohol-based hand sanitizer gel to clean your hands when getting to a sink is inconvenient, such as during a doctor's office visit. Use a quarter-sized drop of the gel and rub your hands together (just as you would when washing with soap and water) until the gel is dry. It's a good idea to always carry a small container of hand sanitizer with you whenever you are away from home.

Protect Yourself at Home

No matter how often you clean your house, you won't be able to completely rid it of germs. So it's important to limit your exposure.

Wash your hands whenever they are dirty, before you eat or drink, and after blowing your nose, sneezing, or using the restroom. Always keep your hands away from your face. Germs on your hands can get directly into your system through the mucous membranes in your nose, eyes, and mouth. When you have to cough or sneeze, cover your mouth and nose with a clean tissue, or make a habit of coughing or sneezing into the crook of your arm. Also, don't share personal hygiene items like toothbrushes, towels, makeup, or creams.

Be especially careful in the kitchen. It harbors more bacteria than any other room in the house. Always wash your hands thoroughly before preparing foods, and be extra vigilant about washing them after handling raw meat. Never share eating utensils, dishes, or drinking glasses. Follow your doctor's orders about eating raw fruits and vegetables. If you are allowed to eat raw foods, make sure to wash them thoroughly.

Keep your home as clean as possible. Fix leaks and any water damage that occurs right away, as wet surfaces can be a

breeding ground for mold, mildew, and other germs. When you have visitors, remind them to cover their coughs and wash their hands upon entering your home.

Protect Yourself in Public

If your white blood cell count is low, stay away from crowded places, and wear a mask over your nose and mouth when you do leave your home. Steer clear of construction areas where large amounts of dust and dirt may be in the air. Avoid contact with people who have symptoms of cold, flu, or other infections.

Protect Yourself in Healthcare Settings

A clean healthcare environment is important for all people, but especially for those who are undergoing cancer treatment. Germs can live on environmental surfaces and medical equipment in hospital rooms for a long period of time. In addition to the current standard disinfection practices, new technologies are being developed to decrease infection-causing germs in healthcare settings, which is good news for cancer survivors. However, it's still important to educate yourself about your hospital's disinfection policies and to ensure that any health-care provider you encounter cleans their hands with soap and water or a waterless alcohol sanitizer before coming in contact with you.

Work with your doctor to create an infection defense strategy. Ask him or her how your treatment will affect your immune system, what activities you should avoid, and what you can do to protect yourself from infection. You are your own best defense against infection. Learn the steps to protect yourself – and follow them.

Fight Germs by Washing Your Hands ... the Right Way

Step 1: Start by wetting your hands with warm water.

Step 2: Apply enough soap to form a good lather.

Step 3: Rub your hands together for 15 to 30 seconds. The rubbing action helps to remove the germs from your skin.

Step 4: Make sure you scrub all your fingers, your thumbs, your palms, and the backs of your hands.

Step 5: Don't forget to scrub under your fingernails. That's where germs love to grow.

Step 6: Rinse your hands with warm water.

Step 7: Dry with a clean towel.

Dr. Chemaly is a professor of medicine, a fellow of the Infectious Diseases Society of America and the American College of Physicians, and the director of the Infection Control Section at The University of Texas MD Anderson Cancer Center in Houston, TX. Linda Graviss is the manager of the Infection Control Section at MD Anderson and is board certified in Infection Control.

This article was originally published in Coping® with Cancer magazine, September / October 2015.



Questions

TO ASK YOUR
HEALTHCARE
PROFESSIONAL

A cancer diagnosis can be overwhelming. Chances are, you're struggling with many emotions - fear, sadness, anger - as you try to find a way to tell family and friends and make the right choice about treatment. Having an open and honest relationship with our healthcare professional can help you cope better - and possibly even save your life. Never hesitate to ask a question and expect an answer, no matter how small. Here are some suggested questions to help get you started:

- 1 Could you please write down the exact type of cancer I have?

- 2 May I have a copy of my pathology report?

- 3 What is the stage of the cancer? What does it mean in my case?

- 4 Are there other tests that need to be done before we decide on treatment?

- 5 What are my treatment options? Which one do you recommend and why?

- 6 What are the risks and benefits of treatment? What are the side effects?

- 7 What can I do to prepare for treatment?

- 8 How soon should I be treated?

- 9 What are the chances of the cancer returning? What would we do if that happens?

- 10 What type of follow-up will I need after treatment?

NUTRITIONAL INFORMATION

The Acrylamide-Cancer Link

Humans have been eating acrylamide, a chemical that forms in some foods when they are exposed to high heat, for as long as we have been cooking, but it wasn't until 2002 that its presence in foods was discovered. The Maillard reaction, a naturally occurring reaction between specific proteins and carbohydrates when heated, gives breads their golden crusts and potato chips their crispy crunch, but under certain conditions it also gives rise to acrylamide, classified as a "probable carcinogen" by the International Agency for Research on Cancer.

Acrylamide is well established as a carcinogen in rodents, at doses estimated to be 1,000-100,000 times higher than amounts people get in their diet. But research on humans is inconclusive. An exhaustive review of human studies on acrylamide and cancer was published in *Nutrition and Cancer* in 2014; out of 26 studies, only six showed increased cancer risk with the highest dietary acrylamide intake.

A 2015 study published in the *International Journal of Cancer* found no increase in endometrial cancer risk among 768 non-smoking, postmenopausal women who had the highest blood levels of an acrylamide marker (a new, more accurate measurement of acrylamide intake). Expect more research on the horizon.

Though the science may be confusing, it's still a good idea to keep your acrylamide intake under control. Acrylamide is found mainly in foods made from starchy plants, like potatoes and grains, when they are cooked for long periods at high temperatures. Ready-to-eat cereals and highly processed foods, like French fries, potato chips, and packaged cookies, are the biggest sources. Roasting coffee beans gives rise to acrylamide, but levels go down when the coffee is brewed. Acrylamide doesn't generally form in dairy, meat or fish products, raw foods, fruits, or low-starch vegetables. Among high-acrylamide foods, the actual amount varies widely depending on how the food is processed and cooked.

Fortunately, consuming whole, minimally processed foods is one way to limit your exposure. And using lower-temperature methods of cooking, such as boiling, steaming, and sautéing instead of frying or roasting starchy foods can reduce acrylamide, too.

—Clare Tone, MS, RD

EnvironmentalNutrition.com

Processed Meat is Linked to Higher Cancer Risk

The World Health Organization (WHO) announced that sufficient evidence indicates processed meats, including bacon, sausages, and hot dogs increase cancer risk, specifically colorectal cancer. This report places processed meats in the category "carcinogenic to humans," alongside tobacco and alcohol. The International Agency for Research on Cancer, a cancer agency for WHO comprised of experts from 10 countries, reviewed decades of research, and concluded that each 50 gram portion of processed meat (equivalent to about two, thin 1-ounce slices of ham) consumed per day increases risk of colorectal cancer by 18 percent. Thus, they recommended limiting processed meat intake. The report also declared red meats as "probably carcinogenic," but did not make specific guidelines on red meat consumption at this point.

International Agency for Research on Cancer, October 2015

EnvironmentalNutrition.com

February 2016

Creamy Oregano Dip with Vegetables

INGREDIENTS:

1 1/2 c plain non-fat yogurt
1 Tbsp fresh oregano, chopped
1/4 tsp dried oregano
1/2 tsp lemon peel grated
1/2 tsp lemon juice
Salt to taste (optional)
1/4 tsp pepper
1/8 tsp cayenne pepper
1 head belgian endive, separated into spears
6 oz cherry tomatoes

STEPS:

1. Drain yogurt in a strainer lined with paper towels while chilling until thickened (at least 2 hours or overnight).
2. Place yogurt in a medium bowl and stir in fresh and dried oregano, lemon peel, lemon juice, salt, pepper, and cayenne pepper.
3. Cover and refrigerate 2-6 hours. Serve dip with endive and cherry tomatoes.

Makes 15 servings

Nutrition Information Per Serving: 109 calories, 0 grams (g) fat, 17 g carbohydrate 7 g protein, 6 g dietary fiber, 65 milligrams sodium.

EnvironmentalNutrition.com

UPCOMING EVENT

BINGO



Pink Ribbon Bingo March 10, 2016

Salisbury Moose Lodge

833 Snow Hill Road

Doors open and food for sale at 5:00 p.m.

Games Start At 6:30 p.m.

No one under the age of 18 will be admitted

Tickets \$20.00 in advance / \$25.00 at the door
Online registration: www.womensupportingwomen.org
or in person at our office. For more information,
call (410) 548-7880



The Pampered Chef, Thirty One Gifts,
All items filled with complementary goodies.



Upcoming Events

Knitting Group
Salisbury Office
March 2nd, 12 pm

March 10th
Pink Ribbon Bingo
Moose Lodge, Salisbury, MD

May
Bras for a Cause
All Month

July 16th
Poker Run - Ride for Awareness

WICOMICO COUNTY CHAPTER NEWS

1320 BELMONT AVENUE, SUITE 402
SALISBURY, MARYLAND 21804
410-548-7880

WICOMICO@WOMENSUPPORTINGWOMEN.ORG

OFFICE HOURS: MONDAY - FRIDAY, 9:00 - 4:00



Have you gotten your ticket for **PINK RIBBON BINGO** yet?? **March 10th** we would love to see you with your dabbers ready, joining us for a chance to win prizes featuring *The Pampered Chef* and *Thirty-One Gifts*. To reserve a table you must purchase a full table of 8. Individual tickets are available and going fast! Call the office or go online to purchase yours today.

BRAS FOR A CAUSE will begin May 1st but finished designs will be due in the office by April 25th. You can register your design online to start fundraising at Firstgiving.com and contact us to get an entry form. The special theme for this year is "Through the Decades" but you are not limited to only designing around that theme. Remember, you can design one as an individual, your friends or coworkers can help to make a group project and your kids or grandkids can even get in on the fun!

MARCH IS NATIONAL NUTRITION MONTH!!

Make healthy moves by using these simple guidelines for your plate:

- ✂ 1/2 should be filled with fresh (preferably organic) fruits and veggies
- ✂ 1/4 should be filled with grains, half being whole grains
- ✂ 1/4 should contain proteins such as seafood, beans, soy, nuts, eggs and lean meats
- ✂ Drink and eat less sodium, saturated fat, added sugars and try not to use artificial sweeteners
- ✂ Move to fat free or low fat milk and dairy products

Our spring **NUTRITION CLASS** hosted by Habanera Farm will begin next month. Trust us, this is a class you do not want to miss out on. They will take place in Salisbury at Shore Appliance Center and in Berlin at the Worcester County Family and Youth Services. *Please refer to the flyer on the back page.*

Ashley Webb with the **Eastern Shore USBC** is holding a fundraiser to benefit WSW at Cherokee lanes on **March 18** from 7 pm called "**Delmarva Strikes Out Breast Cancer**". They will also have t-shirts for sale, a Chinese auction and a silent auction. If you have any questions please contact her at 301-694-4563 or rachellewebb5966@gmail.com. You can also find the event on Facebook.

FUN FACT!

Peep peep... did you know Americans buy more than 700 million marshmallow Peeps during Easter? This makes Peeps the most popular non-chocolate Easter candy.

Wicomico County Chapter Staff Members

Alaina Van Gelder
Executive Director

Cindy Feist
Director of Fund Development

Emily Rantz
Director of Community Relations

Natassia Feather
Office Manager

Sue Revelle
Mentoring Coordinator



WSW STAFF SPOTLIGHT...MEET TASSIA

Chances are, when you call the WSW office, the friendly voice on the other end comes from our Office Manager, Natassia, AKA Tassia. For going on four years, Tassia has helped hundreds of women find the perfect wig when they were scared to lose their hair during chemotherapy. She helps fit the correct bra and prosthesis to your body after a single or double mastectomy with care and understanding. She is the one who schedules our lift chairs for our survivors after surgery to help make their recovery process a little easier. And most of all, she's a great listener when needed, and gives great hugs. These are just a few things Tassia does and we are extremely grateful to have her as a part of our team. We know our survivors would agree!

WORCESTER COUNTY HAPPENINGS

410-213-1177

WORCESTER@WOMENSUPPORTINGWOMEN.ORG

Upcoming Events

Survivor Meeting
March 16th
Atlantic Health Center @ AGH
(see below for address)

To all our Worcester County supporters and survivors – effective March 16th, 2016 we are officially partnering with Atlantic General Hospital as our *new location* for all WSW support groups, as the office on Ocean Gateway is now closed. For additional services or appointments please call 410-548-7880 or email Tassia@womensupportingwomen.org.

Topic: This group will be a chance for our Worcester community to learn more about Women Supporting Women and the services we offer in addition to those services offered by Atlantic General. It is also a chance to brainstorm ideas for future support group topics and speakers.

Worcester County Support Group Information
(3rd Wednesday of each month):

Date: March 16th, 2016

Time: 1:00pm

Location: Atlantic Health Center Conference Room (on Atlantic General Hospital's campus) at: 9714 Heathway Drive - Berlin

**Lunch provided by Atlantic General (this meeting only)*

For questions, please contact us at 410-548-7880.

Can't wait to see you there!

MENTORING MINUTE

Cancer Can't Rob Me

(Part one of two)

You certainly didn't choose to have cancer, but you can choose how you are going to respond and what you plan to do with each day. Today is yours to make choices and can be a new beginning for you, if you choose.

You can Choose:

- ✂ *To see cancer as a "challenge" instead of as a defeat.*
- ✂ *To demystify cancer by learning about your disease rather than allowing the fear of the unknown*
- ✂ *To give up concentrating on the "things you can't control" and replace them with thought of what you can control"*
- ✂ *To ask for help and not try to face the challenge alone*
- ✂ *To respond with a spirit of "I can" instead of "I can't"*

Parts taken from Breast Cancer Treatment Handbook by
Judy kneece, RN, OCN

Sue Revelle - Mentoring Coordinator



JOIN

THE 2016 SEA GULL CENTURY



Team Women Supporting Women AND CYCLE FOR A CAUSE!

For the sixth year, we invite cyclists of all ages & abilities to ride the Sea Gull Century for Women Supporting Women. Whether you're a novice or seasoned cyclist, there is a place for you on Team WSW!

WHEN: Saturday, October 8, 2016

WHERE: Salisbury University in Salisbury, Maryland

WHY: Raise funds for Women Supporting Women, a local nonprofit agency that provides breast cancer awareness, education and support.

COST: WSW asks each rider to raise \$300 by September 14th

- Ride alone, with your friends, or join **Team WSW**.
- **Team WSW** Groups will be formed to ride both the Metric and English Century routes.
- Each rider must register for the event separately at www.seagullcentury.org.
- All riders will receive an originally designed Women Supporting Women cycling jersey.

For more information or to register contact: Cindy Feist (410)548-7880 or Email: cindy@womensupportingwomen.org or visit: www.womensupportingwomen.org

We thank World Gym (Salisbury) for being our Official Team Indoor Training Site!





Emily accepts a check from Robin Walter Salon and Day Spa located in Ocean Pines, MD, from an ongoing collection for a donation of a portion of their wig sales.



Midway Toyota of Pocomoke, MD present a check from their annual “Drive Out Breast Cancer” walk which has been held for six years in the month of October. This year marked their biggest fundraising amount yet at an amazing \$13, 344.00!

DONOR THANKS

Individual

Ethel Taylor
Elizabeth Albert
Janine Motsko
Brenda Griner
Leah Cruely
Linda Nelson
Russel Baiocco, Sr.
Margaret Henning

Civic

Living Hope Ministries
Mardela Middle & High School
Westside Intermediate
Ebenezer United Methodist
The Parke at Ocean Pines

Business

Chem Dry on the Shore
Robin Walter Salon & Day Spa

In-Kind

Dorothy Body
Lisa Harrington
Shirley Dukes
Carol Ronning
Community Church of Ocean Pines
The Dressing Room

In Memory Of:

Marie Rogers
Ruth Culver

Donna Truitt
Denise Mattern

In Honor Of: Wendy Catlin

Wicomico County Bookkeepers

How Can You Donate?

Monetary

- ⌘ WomenSupportingWomen.org
- ⌘ Over the Phone
- ⌘ Mail-In
- ⌘ In Honor or In Memory
- ⌘ Endowment Fund

In-Kind

- ⌘ Wigs
- ⌘ Bras
- ⌘ Prosthesis
- ⌘ Hats
- ⌘ Scarves

SPONSORS

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\$10,000+

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Courage

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Center for Women's Health
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\$2,500 +

Airport Self Storage
Kitty's Flowers
Peninsula Imaging
Peninsula Plastic Surgery
Richard A. Henson
Cancer Institute
Peninsula Regional Medical Center

Pink Ribbon

\$1,500 +

Austin Cox Home Services
Pepsi Bottling Ventures
Rommel Harley Davidson

MONKEY

Young Ernie and his family were invited to have Easter Sunday lunch at his grandmother's house in Monkey's Eyebrow, Arizona. USA. Everyone was seated around the table as the food was being served. When Ernie received his plate he started eating straight away.

'Ernie, wait until we say grace,' demanded his father.

'I don't have to,' the five year old replied.

'Of course you do, Ernest,' his mother insisted rather forcefully. 'We always say a prayer before eating at our house.'

'That's at our house,' Ernie explained, 'but this is Grandma's house, and she knows how to cook.'



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SALISBURY MD
21801
PERMIT NO 146

WomenSupportingWomen.org

1320 Belmont Avenue ♥ Suite 402
Salisbury, MD 21804

RETURN SERVICE REQUESTED

Please contact the office if you are not reading
or if you no longer wish to receive our
newsletter. Thank you.

410-548-7880 or

Tassia@womensupportingwomen.org

Women Supporting Women 2015 Board of Directors

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Mike Liang

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Cooking for the New Me a *FREE* nutrition class for cancer survivors and caregivers

THURSDAYS	SATURDAYS
(5:30pm-7:30pm)	(11am-1pm)
April 21	April 23
April 28	April 30
May 12	May 14
May 19	May 21
Worcester Youth & Family Counseling Services, Inc. 124 Main St. Suite C Berlin, MD	Shore Appliance Connection 307 A Civic Avenue Salisbury, MD 21804

All classes are
FREE with pre-registration.
The funding for classes has
been made possible by a grant
from:



Sign up for your group of classes

Each session includes four classes

Class Topics:

Class 1: Detoxification

Class 3: Energy Building

Class 2: Healthy Weight

Class 4: Immune Support

You will learn how to use healthy fats and vegetables and become familiar with several sources of protein and the healthiest way to prepare familiar ingredients and ingredients new to you.

Thank you to the following businesses:



Please call Women Supporting Women
to register for the **free** classes at
410-548-7880