

Meetings are the second Wednesday of the month
at Hematology-Oncology Associates of CNY, 3rd floor
5008 Brittonfield Parkway, East Syracuse, NY 13057



Moving Forward – For Newly Diagnosed Patients 4:00 – 5:00 p.m.

2/14 Lymphedema

Presented by Janine Capucilli, PT

3/14 Nutrition to Keep You Going

Presented by Theresa Shepherd, RD

4/11 Sexuality

Presented by Dr. Kligerman, Dr. Kort, Dr. Kratzert

5/9 YMCA Livestrong Program

Presented by Jessica DesRosiers

6/13 Radiation from a Patient's Perspective

Presented by Patient and Her Physician

8/8 "Why Can't I Sleep?"

Presented by Dr. Wyluda

9/12 Local Support Available

Presented by St. Agatha's Foundation & Cancer Connects

10/10 Breast Cancer Update

Presented by Dr. Deboni, Dr. Friedman, Dr. Schu,
Dr. Sousou

11/14 Taking Good Care of Yourself During the Holidays

Presented by Kate Flannery, LMSW

Step by Step – Health & Wellness Program 5:00 – 6:00 p.m.



2/14 Exercises for You

Presented by Janine Capucilli, PT

3/14 Cooking Demonstration

Presented by Theresa Shepherd, RD

4/11 Pelvic Floor Exercises

Presented by Cindy Gillette, PT and Julie Hall, PT

5/9 Side Effects from Aromatase Inhibitors - Arimidex,
Femara and Aromasin

Presenter TBD

6/13 Introduction to Tai Chi

Presented by Dave Deluca

8/8 Foot Care and Neuropathies

Presented by William Dutch, DPM

9/12 How About Trying Yoga?

Presented by Georgia Storms

10/10 Survivorship

Presented by Pam Yager, NP

11/14 Holiday Celebration

For more information and to RSVP call/text 315/952-1318
or email hoabcp@gmail.com

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