

Register Today



Fill out card and mail to:
Project3One
2809 NW 171 Street
Edmond, OK 73012

Or fax Information to:
405 . 216 . 5580

Or email Information to:
info@project3one.org

About Project3One



Project3One is a non-profit organization dedicated to connecting breast cancer survivors and their families with the tools necessary to reach emotional healing and live fully restored lives after battling cancer.

Founded by a breast cancer survivor, Project3One is passionate about educating survivors and their caretakers on the psychosocial issues that arise during and after breast cancer treatment.

Embrace, Equip, Empower



This workshop is for people facing the same struggle as you, asking the same questions as you, looking for the same emotional support as you.

We will spend a morning sharing insight and inspiration designed to provide survivors and caretakers like you with information and tools for your journey forward.

Embrace, Equip, Empower

Saturday, October 25, 2008

Registration begins at 8:30am

Workshop to conclude by 11:30AM

Junior League of Oklahoma City Headquarters

1001 NW Grand Blvd., Oklahoma City

Project3One
P.O. Box 20858
Oklahoma City, OK 73156

info@project3one.org
www.project3one.org



Breast Cancer 101 ●

Melissa Craft RN, PhD, AOCN

So, you've been diagnosed with breast cancer. How do you wade through all the terms, treatment options, possible side effects, and therapy available? In this session you will learn about the "pathway" of breast cancer treatment from diagnosis to hormonal therapy. Information will focus on descriptions of surgery, chemotherapy and radiation therapy with discussion about what you can expect from each treatment.

For Women Only: Intimate Issues ●

Sarah McLean, Breast Cancer Survivor and Project3One Founder

Research suggests 20% to 60% of breast cancer survivors suffer from depression after battling cancer. Along with loss of sexual desire and self-image issues, depression following a breast cancer diagnosis can cause huge strain on our relationships. Join Sarah as she shares her journey of discovery through the impact breast cancer has on intimacy.

For Men Only: Help...My wife has breast cancer ●

Steve McLean, Spouse of Breast Cancer Survivor and Project3One Co-Founder

Guys, this one is for you. What do you do when your wife is fighting one of the toughest battles of her life? And what about the effect her diagnosis has on you? Join Steve as he shares his story and offers some helpful tips to better support your wife and you through his journey.

Food and Fitness ●

Steve Clausan, Certified Personal Trainer

What you eat (or what you don't eat) and how active you are have a drastic effect on your quality of life. In this session you will learn guidelines for diet and exercise as well as tips for a healthy lifestyle all geared toward those affected by cancer.

Understanding and Coping with Grief ●

Mary Jane Hall, Grief Counselor, Cancer Spouse and Caretaker

Losing someone or something you love is very painful—and it's something that almost everyone will experience at some point in their lives. Loss that goes unacknowledged or unattended can result in disability. But grief that is expressed and experienced has a potential for healing that eventually can strengthen and enrich life. There is no right or wrong way to grieve— but there are ways to make your grieving more complete and more positive. Join Mary Jane as she shares some practical tools to cope with your grief.

My breast cancer treatment is over, now what? ●

Melissa Craft RN, PhD, AOCN

Once the treatment is finished, many breast cancer survivors are surprised by the anger, sadness, and frustration they now feel. After all, shouldn't you be celebrating because you've survived and completed treatment? In this session we will address common responses to this stage of breast cancer survivorship and methods to work through this phase. One specific method we will demonstrate is how easy (and painless!) it can be to use pen and paper as a prescription for better health. Studies suggest writing about traumatic experiences is beneficial in reducing depression, anxiety, and even promotes health benefits.

Workshop Registration



Please complete and return by October 15, 2008

REGISTRATION IS FREE

Name

Address

Phone Number

Email Address

Breakout Session Preferences

1st Choice: _____

2nd Choice: _____

3rd Choice: _____

4th Choice: _____

See reverse for registry information.
Casual attire requested.

