



SAILING THROUGH YOUR BREAST CANCER JOURNEY

Join the breast cancer sisterhood for empowerment and support

You are invited to attend this FREE seminar & luncheon

This program will provide real life tools & tips to help you sail through rough waters of diagnosis, treatment & survivorship

Keynote Speaker: Hueina Su, MS, BSN, CEC
Mindful Wellness Expert, Author, Speaker



Certified Life Coach, Bestselling
Author of *Intensive Care for the
Nurturer's Soul: 7 Keys to Nurture
Yourself While Caring for Others*
www.HueinaSu.com

Date: Saturday, March 19, 2011

Time: 11:00 AM - 1:00 PM

Place: Sparta Health & Wellness
Center Conference Room
89 Sparta Ave., Sparta, NJ

RSVP: Summit Breast Care
(973) 729-6517

**Open to all breast cancer
survivors & families**

Organizers: Summit Breast Care, Beyond Horizon Coaching

Sponsors: Sparta Cancer Center, Newton Memorial Hospital
Sussex County Cancer Coalition, Project Self-Sufficiency

Health & Wellness Vendors * Door Prizes * Lunch Included