

## YOUNG CANCER SURVIVOR SEMINAR

The Survivorship Seminar will give you tips and tools to help you cope with your diagnosis and common side effects, build confidence, and empower you to take charge of your health.

Join Oncology Nurse Navigators, Cherith Rivinius, RN, OCN, CBCN, and Laurie Christensen, RN, OCN, as we explore topics related to women diagnosed with cancer before the age of 45, including:

- Early menopause
- Long-term effects of treatment
- Sex and intimacy
- Self-care after cancer

**When:** Saturday, Oct. 4  
8:30 a.m. to 1 p.m.

**Location:** Legacy Salmon Creek Healing Center  
*A department of Legacy Salmon Creek Medical Center*

2101 N.E. 139th Street  
Medical Office Building B, Suite 160  
Vancouver, WA 98686

**Registration:** Free event. Due to limited space, registration is required.  
Register today by scanning the QR code or visit  
[www.legacyhealth.org/cancerclasses](http://www.legacyhealth.org/cancerclasses)

