

## YOUNG CANCER SURVIVOR SEMINAR

The Survivorship Seminar will give you tips and tools to help you cope with common post-treatment side effects, build confidence, and move forward feeling empowered in your health.

Join Oncology Nurse Navigators, Kimberley McNair Scott, RN, OCN, and Laurie Christensen, RN, OCN, as we explore topics important 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, May 2  
8:30 a.m. to 1 p.m.

Location: Legacy Good Samaritan Healing Center  
*A department of Legacy Good Samaritan Medical Center*

1130 NW 22nd Avenue  
Lower Level 10  
Portland, OR 97210

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)

