

Advances in Breast Cancer + Cooking for Wellness: A Two-Part Webinar

Open to: People who have or have had breast, ovarian or gynecological cancer; People with a family member or loved one living with breast, ovarian or gynecological cancer.

**Wednesday, June 9, 2021
1-2:15 PM (NY Time)**

Pre-registration is required. To register, call Support Connection no later than 5pm (NY time) on June 8: 914-962-6402 or 800-532-4290.

**Presented in partnership with NewYork-Presbyterian Hudson Valley Hospital.*

The first part of this program will be a presentation by Dr. Stacey Ugras on “Advances in Breast Cancer.” Dr. Ugras, a breast surgical oncologist with ColumbiaDoctors and NewYork-Presbyterian Medical Group Hudson Valley, will discuss the latest news and research pertaining to breast cancer diagnosis and treatments, as well as risk-assessment for high risk individuals and families.

After Dr. Ugras's presentation, Chef Emilie Berner of the Chef Peter X. Kelly Teaching Kitchen at New York-Presbyterian Hudson Valley Hospital will focus on cooking techniques and nutritional strategies that can help manage fatigue often experienced by both patients and caregivers. During a live cooking demonstration, Chef Berner will talk about foods that provide energy; the role of protein and fluids for managing fatigue; and how meal planning can be a useful tool.