



The Inflammation Connection A Two-Part Zoom Video Conference

Open to people nationwide who have or have had breast, ovarian or gynecological cancer.

**Tuesday, October, 25
6:30 – 7:30 PM (NY Time)**

Pre-registration is required. To register, call Support Connection, 914-962-6402 or 800-532-4290.

Must register no later than 5 pm (NY time) on Monday, October 24th.

Presented in partnership with NewYork-Presbyterian Hudson Valley Hospital.

The first part of this program will be a presentation by Senior Physical Therapist Jennifer Looby, PT, DPT, CLT, about how to manage and soothe symptoms of lymphedema and other inflammatory issues.

Instructor: Jennifer Looby PT, DPT, Certified Lymphedema Therapist is the Senior Physical Therapist for Lymphedema and Breast Cancer Rehabilitation at NewYork-Presbyterian/Hudson Valley Hospital's Center for Rehabilitation. Dr. Looby received her Master of Physical Therapy from New York Medical College and her Doctorate of Physical Therapy from Dominican College. She became a certified Lymphedema Therapist after training at the Norton School of Lymphatics. Dr. Looby has completed advanced training in head and neck cancer and axillary web syndrome from the Klose Institute.

After Jennifer Looby's presentation, Chef Emilie Berner of the Chef Peter X. Kelly Teaching Kitchen at NewYork-Presbyterian Hudson Valley Hospital will conduct a live cooking demonstration. Learn which 13 foods help fight inflammation as well as how to use them in recipes.

Instructor: Emilie Berner, MA received her bachelor's degree in English Language and Literature from Barnard College in New York City. Her passion for food led her to train at The Natural Gourmet Institute for Health Supportive & Culinary Arts. She later earned a master's degree in Food Studies from New York University. In 2016 Berner joined the Chef Peter X. Kelly Teaching Kitchen, which is part of the Harvest for Health initiative at NewYork-Presbyterian Hudson Valley Hospital. The larger program includes an organic garden, a farmer's market and food service for patients and employees. The program's goal is to teach people how to better manage their health through diet and lifestyle changes.

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