

**Thermographic Diagnostic Imaging
and
Health Through Awareness
are pleased to announce the
next meeting of the
Breast Health Awareness Group on
Wednesday, February 20th, 2013**

Breast Health Awareness Group

Wednesday, February 20, 2013, 6:30-7:30 PM

Thanks to everyone for making our first meeting a huge success. Due to the tremendous turnout we will be moving to a larger location for February.

Our new meeting location is:

William G. Rohrer Center for Healthfitness
2309 Evesham Road
Voorhees, NJ 08043

We will meet in conference rooms 2 and 3 on the first floor across from the cafe.

The meetings are free and open to those that have a particular interest in optimizing breast health.

Light refreshments will be provided.

Subsequent meetings will be held on the third Wednesday of every month with an expert guest speaker to discuss a topic regarding breast health.

February's meeting topic will be "Acupuncture for Better Breast Health"-
Presented by Sheri Krauss, Licensed Acupuncturist with Lourdes Wellness Center.

Chinese medicine treats the whole person rather than the disease, focusing on cultivating a balanced life. In cancer care, Chinese

medicine uses natural means to reduce chemotherapy induced nausea, decrease pain, support immune function and enhance quality of life. Self-care tools will be discussed.

The instructor, Sheri Krauss, is a licensed acupuncturist. She earned a Masters degree in Traditional Chinese Medicine from the New England School of Acupuncture in Boston, MA. Sheri has spent her career integrating acupuncture into hospital settings. She has worked for the Center for Women at the Harvard University teaching hospital and has been a staff acupuncturist at Lourdes Medical Center for the past 8 years. She is also an instructor at the Lourdes Institute through Camden County College.

Please call to register - 856-596-5834 or
E-mail Liesha@healththroughawareness.com

This support group was formed for individuals who are interested in learning about holistic treatment modalities to optimize breast health. "Breast Health Awareness Group" will provide information, resources and a positive supportive environment to those interested in creating and maintaining healthy breasts and a safe space for open sharing. Our emphasis will be on diet and lifestyle modifications as well as immune boosting and relaxation/stress reduction techniques.

Best of Health,

Liesha Getson, Board Certified Thermographic Technician,
Certified Health Coach, Certified Cancer Support Educator
@Thermographic Diagnostic Imaging/Health Through Awareness
Sheri Krauss, Licensed Acupuncturist @ Lourdes Wellness Center
Judith Skeels, Educator
Tammy Hughel, Certified Holistic Health Counselor @Health Through Awareness
Toni Benecchi, Educator