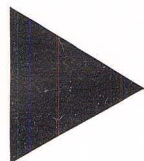


Breast Health

In this workshop, we will discuss the causes, prevention and treatment of benign breast disease and breast cancer. We will focus on using diet, vitamins, and stress reduction to prevent breast disease. We will also teach breast self-exam for early detection of breast lumps.

Date:



Time:

Place:



SELF HELP
Workshops

This workshop is being presented by the Vancouver Women's Health Collective and is made possible through funding from the Health Promotion Directorate of Health and Welfare Canada.