

# The Hub

DERBYSHIRE



# Breast Cancer: Reducing Risk and Recurrence.

An Evening with Experts in Physical Activity and Breast Cancer for general practice staff, patients and carers.

**Did you know . . .** exercise can reduce your risk of breast cancer, ease treatment-related side effects and reduce the risk of recurrence?



Join the amazing **Dr Liz O'Riordan** 'Breast Surgeon with Breast Cancer' (*Left*), **Mel Berry** Co-founder of Her Spirit (*Right*), inspiring local patients and charity representatives for an evening of education, support and practical tools to inspire you to help yourself and others understand the importance of physical activity.



## What to expect:

- Discover the evidence for physical activity reducing breast cancer incidence, cancer treatment side effects and rates of recurrence.
- Learn how to effectively chat to patients, friends and family about physical activity.
- Find resources to support people in becoming more physically active.
- Be inspired by patients and find out how exercise empowered them during their breast cancer journey.



We'll also be showcasing **NEW** resources for general practice teams in Derbyshire.

**Date:** 21st May 2024 at 19.30 - 20.30

**Location:** Via Zoom

**[Click here](#)** to book your place on this amazing empowering and inspiring event.

Working in collaboration with:

**HER SPIRIT**



**MOVE AGAINST CANCER.**

**Live Life BETTER DERBYSHIRE**

**active recovery**

**MACMILLAN CANCER SUPPORT**