



WELLNESS SUMMIT

### **Promoting health:**

## Nutrition and exercise essentials

PRESENTING
ORGANIZATIONAL PARTNER



SIGNATURE

Genentech

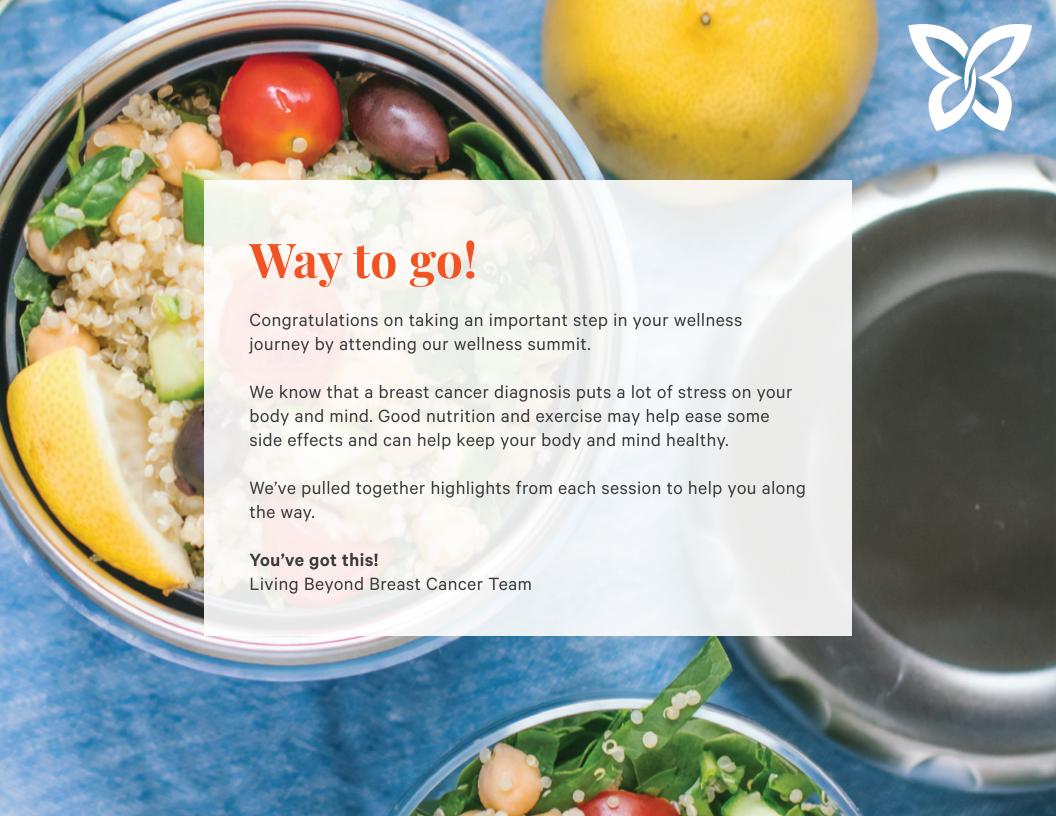
A Member of the Roche Group

SUPPORTER

Eisai

FRIEND

Jefferson University/Sidney Kimmel Cancer Center



## Maximizing nutrition: Do you have these three essentials in your kitchen?

Rachel Beller, MS, RDN | Creator of the Beller Method™ Transformation Masterclass at Beller Nutritional Institute



#### **WATCH NOW**

<u>Rachel Beller, MS, RDN</u>, shares how you can use these key tools in your kitchen to create a powerful toolbox for your health.





#### FIBER UP

How to diversify your fiber to improve hormone balance, immunity, and gut health



#### **POWER SPICING**

Rachel's signature method for maximizing nutritional value with just a pinch of the right spice combinations



#### **DIFFERENCE MAKERS**

Research-backed Power-Up foods that elevate the nutritional impact of your meals

#### BELLER METHOD™ TRANSFORMATIONAL MASTERCLASS

Women who struggle with weight management or have been impacted by breast cancer often seek a higher level of nutrition support. This 8-week one-of-a-kind program delivers the evidence-based Beller Method™ 100% online with bi-weekly live Zoom meetings, phone check-ins, group social feed, and access to a secure portal with direct messaging with Rachel and her team.

Use code **LBBC20** for 20% off the upcoming Transformational Masterclass, which begins on June 26, 2021. Go to bellernutrition.com to sign up.

Save 10% on Rachel's Power-Spicing Blends with code **LBBC10**.

10% of Masterclass proceeds purchased with the discount code will be donated to Living Beyond Breast Cancer to support educational and support services for those impacted by breast cancer.

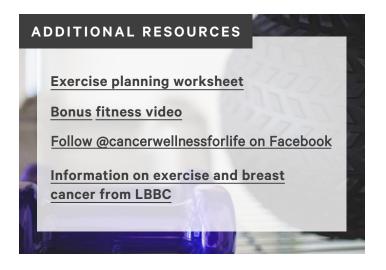
### Your body, your fitness: An action plan for exercise

Sami Mansfield | Oncology Exercise Specialist and Founder of Cancer Wellness for Life



#### **WATCH NOW**

<u>Sami Mansfield</u> shares sample exercises and how to create an action plan for movement to fit your unique needs and goals.



#### **PROGRAM OVERVIEW**

Breast cancer treatments can cause muscle loss throughout the body causing changes in body composition and cognition. In this session, follow the goal-setting exercise to define your priorities and get ahead of potential barriers in order to stay on track with your personal action plan.



#### **GET IT SCHEDULED**

Making time to work toward your goals is the first step to achieving them



#### **GET SUPPORT**

Find an accountability buddy to exercise with or check in with



#### **CELEBRATE SUCCESS**

Create a non-food reward system to keep you on track with your goals



#### **FIND YOUR GROOVE**

Make an exercise playlist you enjoy, subscribe to a YouTube workout channel, or join a group class

### STAY CONNECTED

# What's happening next with Living Beyond Breast Cancer

"Life is not so much what you accomplish as what you overcome."—Robin Roberts

#### MARK YOUR CALENDAR

Wednesday, July 21 / 7:00 – 8:00 p.m. (ET)
Ask the Expert: Triple-Negative Breast Cancer
Elaine Walsh, MB BCh, PhD

#### October, 2021

Ask the Expert: Early-Stage Hormone Receptor-Positive and HER2-Positive Breast Cancer

#### December, 2021

Ask the Expert: Metastatic Breast Cancer

Visit LBBC.ORG for updates on these programs as they become available

#### **TNBC HELPLINE**

The TNBC Helpline is staffed by experienced oncology social workers with specific knowledge of triple negative disease. Call for additional support: 877.880.TNBC (8622).

A RESOURCE FROM TRIPLE NEGATIVE BREAST CANCER FOUNDATION, OUR PRESENTING ORGANIZATIONAL PARTNER

#### THANK YOU TO YOUR SPONSORS

PRESENTING
ORGANIZATIONAL PARTNER



SIGNATURE





Share your progress on your movement action plan and kitchen essentials with us on social media using #LiveBeyondBC.

#### STAY CONNECTED

If you haven't already, join our two private Facebook groups to share resources and receive peer support:

**Breast Cancer Support for Young Women** 

**Breast Cancer Support for All Ages, All Stages** 

SUPPORTER

FRIEND

Eisai

Jefferson University/ Sidney Kimmel Cancer Center