



Happy February! I love February because it means we're all that much closer to Spring! 😊

We Need to Act on this! Please sign this Petition

Dense Breasts Canada has a meeting with a federal cabinet minister on Monday to discuss the federal Task Force guidelines on breast screening and why they need to be revised.... the guidelines that say you don't need to be screened before age 50 or after age 75, just one of the ridiculous notions they support. The cartoon below illustrates perfectly why we need change.

Canadian women's lives are at stake.

Please click on the petition survey and sign- <http://chnq.it/P7LwWYw9>

Maybe if our voices are loud enough, we will be heard! And thank you! (And share with your network too!!!)

Why Participate in BCA's Wellness Programs?

There is a growing body of research that shows the extensive benefits of exercise both during and after breast cancer treatment. Exercise can improve outcomes of cancer treatment, reduce recurrence, and prolong life. In addition, exercise can improve energy, lower the risk of and improve lymphedema, decrease joint pain, improve bone health, and improve mental health.

Check it out and register today: <https://bcaott.ca/health-and-wellness-program/>

With the ongoing uncertainty and stress created by the pandemic, Breast Cancer Action appreciates that our Wellness Programs are needed now more than ever. During the pandemic, we know that many programs have transitioned to a virtual format; BCA is now ready to

make this move as well. We believe that our programming stands out from the many generalized virtual programs and exercise apps that currently exist in several ways:

1. BCA's programming is designed to address the specific needs of people with a diagnosis of breast cancer (both present and past).
2. BCA's programs are offered by instructors with the extra knowledge and sensitivity to make them safe and effective.
3. By participating alongside other people with a breast cancer diagnosis, BCA offers an informal way of being supported and supporting others with a shared experience.

Educational Programming – We Need Your Opinion

As we continue to live and work on-line, we wanted to start an on-line educational program. There are many references and video tools out there, but our hope is to create our own customized webinar program.

What do you want to hear about! Give it a thought or two and let me know by calling the office or responding to this email.

Mental Health and this Pandemic

As there continues to be no near end in sight of this pandemic, please reach out to me for peer support. Our volunteers are fantastic, and we are here for you!