

**Our programs:**

**SISTA AH Circle** is an opportunity for new and long-term survivors to meet for conversation and camaraderie

**Fight Like a Girl!** is advocacy for women at risk for and living with breast cancer

**Ask the Experts** is a face-to-face conversations with health care providers

**e-Connect** uses information technology to help survivors understand their diagnosis, solicit support, and connect to online resources

**Let's Get Physical** focuses on the benefits of physical activity in breast cancer prevention, treatment, and recovery

**MyPlate Palooza** is nutrition education focused on the USDA MyPlate

**You Can-Cer-Vive** integrates spiritual practices with physical and mental health promotion

**Lil' SISTA AH Talk** is a program promoting breast-healthy behaviors among high school girls and college-aged women

**Table Talk** is the online version of SISTA AH Circle

**Pink Hat Tea** is our anniversary celebration and annual fundraising event

[www.sistaahtalk.net](http://www.sistaahtalk.net)  
[www.facebook.com/pg/SISTA AHTalk/](https://www.facebook.com/pg/SISTA AHTalk/)  
[sistaahtalk95@gmail.com](mailto:sistaahtalk95@gmail.com)  
(305) 333-3495



# SISTA AH'S' Weekend Retreat



**SISTA AH Talk!**

Women of Color Breast Cancer Support Group

## Ask the Experts

**Glenda Hutson, MD**

Family Medicine/Holistic Practitioner

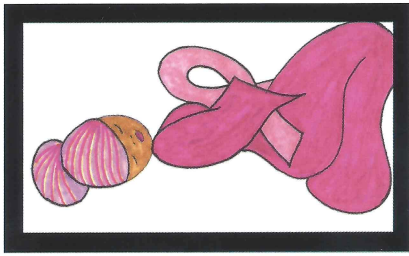
Dade County Library  
Arcola Lakes Branch  
8240 NW 7th Avenue  
Miami, FL 33150

3:00pm-5:00pm

*Celebrating 22 years as South Florida's first  
African American Breast Cancer Support Group*

## *Our Story*

Following her breast cancer diagnosis in 1994, Selina A. Smith PhD, was approached by Sharlene Weiss, PhD, RN, a nurse psychologist at the Sylvester Comprehensive Cancer Center, with the idea of initiating a breast cancer support group for African American women.



SISTAATalk! was established by Dr. Smith in 1995. During the first year, the support group met in Doral in Dr. Smith's living room. By 1996, the group had outgrown that space; they then gathered at the Sylvester Comprehensive Cancer Center and the American Cancer Society's Hope Lodge. Dr. Smith facilitated the group until September 1998.

Since that time, Mary S. Whitehead, MPH, CHES has served as SISTAATalk! Facilitator. Ms. Whitehead has expanded the support group to reach women of color throughout Miami-Dade and Broward counties.

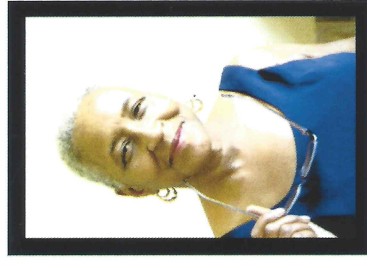
(305) 333-3495

sistaatalk95@gmail.com

## *The Expert*

Glenda Hutson, MD is a retired Family Practitioner. Dr. Hutson graduated from Columbia University College of Physicians and Surgeons in 1977 and practiced for 40 years. She completed a residency at Jackson Health System.

Her former affiliations include Jackson Memorial Hospital, Plantation General Hospital, and University of Miami Health Center (UMCH). While at UMHC, Dr. Hutson studied acupuncture, functional medicine, and nutrition.



Presently, Dr. Hutson is teaching Tai Chi and Qigong (a Chinese moving meditation and exercise); facilitating workshops on holistic healing; and providing consultations on reconnecting to wholeness through nutrition, acupressure/cupping, emotional freedom techniques, and other modalities. Her future goal is to open a Holistic Center.

(786) 417-5590

ghutson16@gmail.com

## *Program*

3:00pm-3:15pm

### **Welcome, Introductions, & Blessing**

Mary S. Whitehead, MPH, CHES  
SISTAATalk! Facilitator

3:20pm-3:50pm

### **Light Refreshments**

3:50pm-4:00pm

### **Introduction to the Expert**

Vera Selmore, PhD  
SISTAATalk! Coach

4:00pm-4:30pm

### **Complementary Therapies & Nutritional Guidance**

Glenda Hutson, MD  
Family Medicine/Holistic Practitioner

4:30pm-4:40pm

### **Closing Remarks**

Selina A. Smith, PhD, MDiv  
SISTAATalk! Founder

4:45pm

### **Group Photo**

Deloris Smith Johnson  
SISTAATalk! Historian

