



## **Let's talk about Black women and Breast Cancer – 6<sup>th</sup> annual conference**

**Date: 12<sup>th</sup> October 2024**

**Time: 11.00pm – 16.30pm**

**Venue: 1 Wimpole Street, London**

**Theme: Prevention**

***11.00 – 12.00 public stream registration with drinks/pastries served in the atrium***

***12.00pm – Welcome (G Oni)***

***12.05-13.30 pm – myth busting session (moderator A Esiwe):***

- Overview the big C (C Mbema)
- Myth busting and Risk factors (S Adomah, O Illouze)
- Self exam including post cancer (N Johnson, S McKenzie)
- Screening (F Mulenga)

***10 minute exercise routine – L Greenaway***

***13.30 pm – 14.30 pm – lunch and exhibitions (Atrium)***

***14.30 -16.00 – Lifestyle and impact on health (moderator O llouze)***

The overview (A Sesay)

Exercise and mindfulness (L Greenaway)

Caring for hair (L Jones)

Nutrition, weight control, menopause and hormones (S Oladipo, T Wokoma)