



It's the Season!

November 2022

It's the Season for Gratitude!

The holiday season is upon us. Our Christmas trees have been trimmed, our homes are filled with decorations and the sounds of holiday classics. We are looking forward to upcoming festive events and gatherings with friends and family.

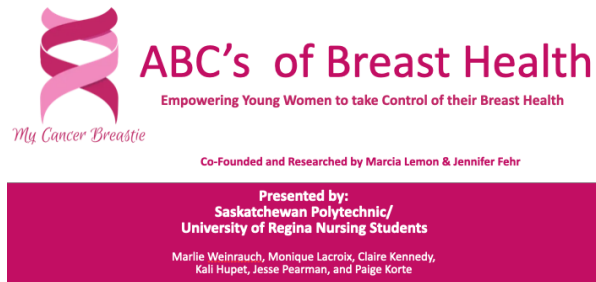
"There is a calmness to a life lived in *gratitude*, a quiet joy."

- Ralph
H.
Blum

As we fully embrace the Christmas spirit we are also giving thanks and reflecting on our lives with grateful hearts. Since launching the My Cancer Breastie community we have connected with numerous allie's, partners, collaborators, and mentors who have helped to grow and support our community. We feel especially grateful for the sisterhood created through our Virtual Peer Support Programs. What a privilege it is to connect and support other young women with the shared experience of a breast cancer diagnosis.

Fill a mug with your favourite holiday beverage and settle in to learn more about

It's the Season for Education!



This month we are thrilled to share that our *ABC's of Breast Health Program* has launched at two High School Collegiates in Saskatoon! The purpose of **My Cancer Breastie's Adolescent Breast Health Campaign** is to educate and empower young women to take control of their breast health. After developing a curriculum that was reviewed by the Saskatoon Breast Health Centre and approved by the Saskatoon Public School Division, we partnered with an amazing team of students from the Saskatchewan Polytechnic Nursing Program and the University of Regina who delivered the program to high school students in Saskatoon.

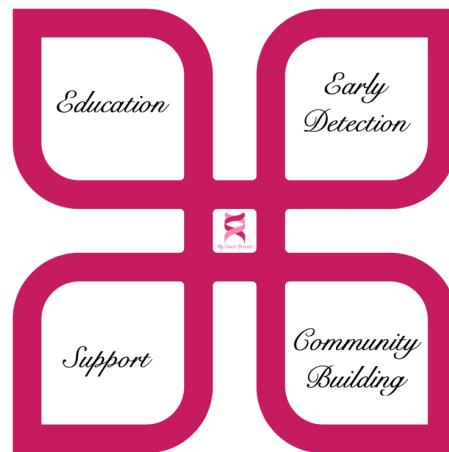
Did you know?

Standard screening doesn't happen in Saskatchewan until the age of 50

It is because of this, that young women are often diagnosed with breast cancer at a later stage which often leads to more invasive treatment options. Through educating young women to create healthy breast habits early on, we hope that young women will be alerted to potential breast health problems earlier and have the confidence to talk to their health care providers. Breast cancer is the number one diagnosed cancer in Canadian women, and education is critical to early detection. To learn more about early detection and breast health check out our newly added **Early Detection** content.

The Know More Breast Cancer Survey, conducted by Breast Cancer Canada, concluded that **73% of women in Saskatchewan and Manitoba feel they have more to learn about breast cancer and how it could affect them.** We were interviewed by CTV News Saskatoon in September about our breast cancer experience and the importance of education.

It's the Season for Sharing!



We thought it was timely to share the four strategic priorities that support Our Purpose and help to ensure the initiatives we pursue are aligned:

- Education
- Early Detection
- Support
- Community Building

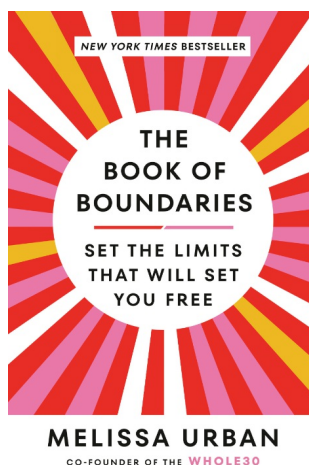
We are thrilled to share that we have executed initiatives in each of these priorities in 2022. Watch for the My Cancer Breastie year in review in our next newsletter!

Our Picks for November



What we're wearing!

Want some cozy Besties for Breastie's Merch to keep you warm over the holidays? Check out our [Shop](#), we still have a few Besties for Breastie's Sweatshirts left in both black and white!

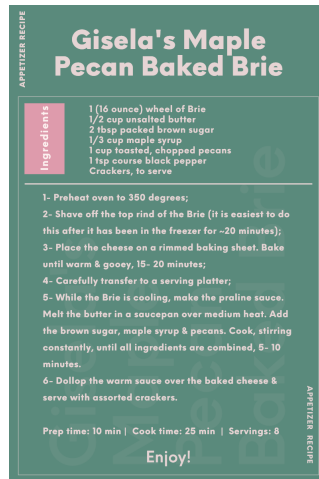


What we're reading!

The Book of Boundaries

Do your relationships often feel one-sided or unbalanced? Are you always giving

in just so things will go smoothly? Do you wish you could learn to say no—but, like, nicely? Are you depleted, overwhelmed, and tired of putting everyone else's needs ahead of your own? If you answered yes to any of these questions, you need *The Book of Boundaries*.



What we're cooking!

Gisela's Maple Pecan Baked Brie

What's not to like? Cheese - yum! Maple - yum! Pecan's - yum! Check out website to download [Our Favourite Recipes](#).

We hope that your home is filled with the magic of Christmas. We are wishing everyone health and joy this holiday season!

Your Cancer Breasties,

Jen and Marcia



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