



May - Chapter 5 of 12.

"The world's favourite season is the spring.

All things seem possible in May."

- Edwin Way Teale

May, all things still seem possible with the entire summer ahead of us! After a long winter, we are rejuvenated with the prospect of feeling the warm sun on our faces and being intentional about planning fun-filled summer days that are also balanced with moments of calm and relaxation.

There is something magical about Saskatchewan in the summer. The land of living skies truly comes alive with its endless horizon, prairie scenes and picturesque lake-scapes. Summer also lets us explore our creativity. We love getting our hands in the soil to grow colourful flowers and robust vegetable gardens. We are also looking forward to spicing up our fitness routines by getting active on our lakes and rivers, hiking through the prairies and forests, and maximizing outdoor play with our families.

From back decks to cabana's we plan to optimize the summer months with good books, tasty cuisine, cool drinks and good company. Of course, this

includes connecting with our My Cancer Breastie community!

What are you most excited about this summer?

New on Our Blog



Shame on Me

"Recently, I became aware of a celebrity who publicly shared her breast cancer diagnosis. Like me, she was diagnosed at 40. Like me, she has a husband and two children. Like me, she is successful and in the prime of her career. Like me, she had a bilateral mastectomy and like me, she is terrified.

Reading about her diagnosis, I found myself suddenly traveling back in time, thinking about my own diagnosis and surgery. One random social media post about a complete stranger and snap ... just like that, my trauma was re-triggered."

Read more from **Marcia's blog post titled: Shame on Me**

My Cancer Breastie Virtual Peer Group



Community, Encouragement and Inspiration

Facing a breast cancer diagnosis isn't something you have to do alone. That's why we created a safe and supportive environment for young women to reclaim their story during the inevitable transformation that occurs after a breast cancer diagnosis.

Would you or someone you know benefit from our free My Cancer Breastie Virtual Peer Group? Watch our **Instagram** for more details or **sign up** now for one of our May sessions!

Our Picks for May!



In the Victorian Language of Flowers, hydrangeas symbolize heartfelt emotions. They can be used to express gratitude for being understood.

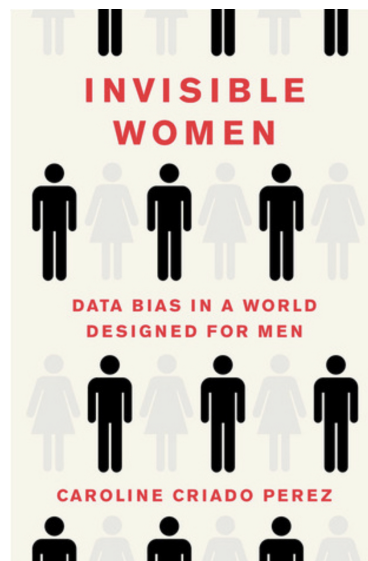


What we're cooking!

Sabrena's Chia Breakfast Bowls

Prep time: 10 min | Serving: 1

We are sharing this family favourite which is both delicious and nutritious. Enjoy making these for a quick, easy and refreshing summer breakfast. **Download the recipe!**



What we're reading!

Data is fundamental to the modern world. Did you know so much of our data fails to take into account gender, because it treats men as the default and women as atypical. Read *Invisible Women: Data Bias in A World Designed for Men* to learn more about how bias and discrimination are baked into our systems.

We guarantee this groundbreaking expose will change the way you look at the world!



What we're excited about!

Antipodes is a Scientific Green Beauty company from New Zealand that uses pollution-free, results-driven native New Zealand ingredients in its award-winning plant-powered vegan beauty and certified organic premium skincare range.

The good news: it is reasonably priced, the quality is incredible, and the scents are divine! Need more convincing? You can buy it in Canada from **Well.ca!**

PS- Marcia recommends the *Avocado Pear Nourishing Night Cream*

We are wishing all of the Mother's in our My Cancer Breastie community a very happy Mother's Day!

Your Cancer Breasties,

Jen and Marcia



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