



# Cancers in Women + Focusing on Self-Care

Thursday, September 26, 2024 | 6 p.m.

**Location:** Zoom Meeting



Learning about cancers of the female reproductive system may reduce your risk and help you identify ways to prevent them, so it's important to be proactive about your health. **DR. MONA SALEH**, a fellowship trained gynecologic oncologist at the Capital Health Cancer Center, will lead a discussion of the programs available at Capital Health for women undergoing treatment for gynecologic cancers and related health challenges. Nancy McCormack, an internationally certified and registered yoga therapist from the Capital Health Wellness Center, will close the program with a demonstration of gentle yoga stretches.

This event will be taking place virtually using Zoom. Register online at [capitalhealth.org/events](https://capitalhealth.org/events) and be sure to include your email address. Zoom meeting details will be provided via email 2–3 days before the program date. Registration ends 24 hours before the program date.



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[capitalhealthcancer.org](https://capitalhealthcancer.org)