



“I was empowered with the right information on how to cope with a breast cancer diagnosis and treatment.”

Our Stories

NINA

I was diagnosed in February of 2013 with stage 2 breast cancer. I had surgery in March and was scheduled for chemotherapy in May. I got an invitation from my nurse coordinator to attend a Unite for HER wellness day on Sunday, April 7. I didn't know what to expect, but was delighted to be part of this magical day!

I got to the Main Line Health Center in Newtown Square at 8:30 a.m. and was greeted with a warm welcome at the registration desk. Well, little did I know how my life would change for the better that day. I joined women who were going through the same journey as I was. There were joyful tears and I felt for the first time in days and weeks that I would be ok! I would survive and I was not alone. I was empowered with the right information on how to cope with a breast cancer diagnosis and treatment. Unite for HER rekindled my hope and determination to fight.

I felt so comforted when Sue Weldon took the stage and showed us some ways to regain control and possible choices to make that happen. I have to admit I had so many dark days since my diagnosis on February 6 and was not looking forward to starting chemotherapy.

At the wellness day, we were educated on acupuncture, massage, yoga, nutrition, how to use our CSA share, and healthy skincare. At the end of the day we were given vouchers for each therapy to help us take good care of ourselves while going through our breast cancer journey.

While I was going through chemotherapy, my vouchers came in handy to reduce the side effects of my treatments. Acupuncture helped me with my nausea, fatigue, hot flashes, insomnia and balancing. Massages helped me relax and take time to myself. As soon as I was able to practice yoga, I scheduled a time and what a treat that was! All the stretching, breathing and strengthening helped me to strengthen my physical and emotional wellness and create peace through meditation. I also really appreciated my CSA food delivery from Lancaster Farm Fresh every week. The vegetables were fresh and organic. I also learned from the best chef, Katie Cavuto, how to cook healthy and shop wisely.

All in all, Unite for HER prepared me both physically and emotionally to cope with my breast cancer diagnosis and treatment. It reinforced my positive spirit, optimism and my will to fight...which led me to a quick recovery. With all the help and education I received, today I feel strong, healthy and full of hope. Not only has my life changed for the better but my family's as well! My kids have learned a great deal about how to take good care of themselves and make good choices for their health and wellness.

Dear Unite for HER, thank you so much for helping me find my way to happiness and great health! ■