

## Younger Women Together Programme

### Day 1

09.30 – 10.15	Registration
10.15 – 10.45	Welcome and Introduction
10.45 – 11.15	Break
11.15 – 12.45	Medical update – Management of breast cancer in younger women
12.45 – 13.45	Lunch
13.45 – 15.00	Break out groups <ul style="list-style-type: none"> <li>▪ Breast surgery and reconstruction</li> <li>▪ Menopausal symptoms</li> <li>▪ Relationships and communication</li> </ul>
15.00 – 15.30	Refreshment break
15.30 – 16.30	Wellbeing sessions <ul style="list-style-type: none"> <li>▪ Laughter workshop</li> <li>▪ Mindfulness</li> </ul>
16.30	Free time / social time
19.30	Dinner and social time

### Day 2

09.00 – 09.45	Welcome back Services from Breast Cancer Care
09.45 – 11.00	Break out groups <ul style="list-style-type: none"> <li>▪ Intimacy and sexuality</li> <li>▪ Fertility after treatment</li> <li>▪ Lymphoedema</li> </ul>
11.00 – 11.30	Refreshment break
11.30 – 12.30	Healthy eating and diet myths
12.30 – 13.30	Lunch
13.30 – 14.30	Exercise
14.30 – 14.45	Refreshment break
14.45 – 15.45	Breast cancer as a younger woman – a personal perspective
15.45 – 16.15	Closing session
16.15	Tea and coffee for those who wish to stay and chat following the forum