



## Women & Lung Cancer

Lung cancer cases among nonsmoking and smoking women have been on the rise since the 1930's and most recently, healthcare systems have become concerned about the growing caseload they are seeing in younger women. Twenty percent or more of new lung cancer diagnoses happen to women who have never smoked.

As we all know, lung cancer research is less funded than other cancers that don't carry the smoking stigma; a silly phenomena since smoking is a cause of ALL cancers. Silly and unfair, really. Society has laid blame on one disease and the people who get it. As a result, awareness about lung cancer hasn't improved much and the death toll remains high.

## Women's Wellness Tea - Pearls of Wisdom

A Breath of Hope, in partnership with the Virginia Piper Cancer Institute and Allina Health, is hosting the 4th Annual Women's Wellness Tea Saturday, March 5th, 2-4:30 p.m. at the beautiful Gale Mansion in Minneapolis. The cost is \$40 and scholarships are available on a first come, first served basis.

This year's theme is **Pearls of Wisdom for Healthy, Happy Lives** with a focus on educating ourselves to attain better health outcomes over the course of our lives. Breakout sessions include: **Genetics: Understanding the Tea Leaves of your Family History**; **Nutrition: All Calories Are NOT Created Equal**; **Healing: Staying Healthy through Loss and Transition**; and **Wellness: Becoming Your Best Self**.

**Laughter Yoga**, a **beautiful light lunch** and the distinguished **Bags, Bling and Beauty Silent Auction** add fun elements to a day that you won't want to miss! **Don't forget your spring hat to compete in the Best Hat Contest and don't wait too long to register...we are limited to 200 seats and they are filling fast.**

Why does A Breath of Hope Lung Foundation offer a women's wellness event each year? For the same reason we just released to U.S. research institutions a \$150,000 research fellowship focused on the biology of women and lung cancer. The fact is, lung cancer kills more women than any other cancer, yet it is one of the least funded cancer research fields and one of the only cancers where patients are blamed and held responsible for their disease. Lung cancer kills nearly twice as many women as breast cancer.

## A Breath of Hope Women's Group

The Women's Group is a new program being offered at A Breath of Hope Lung Foundation. The first meeting is Feb. 11 from 7 - 8:30 p.m. Women who have lost their spouse or significant other to cancer are invited to participate in this professionally facilitated, topic-driven group. The topic for the first meeting is: **Understanding and managing grief triggers - creating a plan for the emotional ambush**. Our meeting leader is Kelly Grosklags, LICSW, BCD, FAAGC. If you plan to attend, please drop an email to Maria at [maria@abreathofhope.org](mailto:maria@abreathofhope.org). [More information here.](#)

**Women's Wellness Tea**  
Saturday, March 5, 2-4:30 p.m.  
Gale Mansion  
2115 Stevens Ave  
Minneapolis

*Free Valet Parking - Doors open at 1:45 p.m.!*

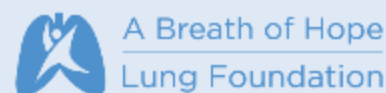
[Register to attend the Tea here - \\$40!](#)

[Learn about sponsoring a table or donating a seat at the Tea!](#)

Feel free to call us if you prefer to pay by phone or need more information: 952-456-2463



[DONATE!](#)



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