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FORGE AND UAB INTEGRATIVE MEDICINE SHARE SELF-CARE TECHNIQUES

Birmingham, Ala. – Forge Breast Cancer Survivor Center (Forge) and the UAB Integrative Medicine Clinic partnered to host a free Lunch & Learn discussing the importance, benefits, and practical ways to implement self-care techniques for healthcare professionals, breast cancer survivors, and co-survivors.

Caroline McClain, Director of Forge, said, “We are delighted to host this important Lunch & Learn series as part of our ongoing commitment to offering resources, extension services, and continuing education that will ultimately improve the well-being and quality of life of our breast cancer survivors.”

The free Lunch & Learn educated participants on elements of self-care, while providing safe and easy techniques that clinicians and survivors can implement into their daily lives. Guest Speaker and Community activist, organizer, and facilitator, T. Marie King introduced guests to the topic of self-care, sharing practical advice and tips for making time to incorporate a practice into our everyday, noting, “If I’m not managing my emotions, stress, and tension, then I’m not going to be of help to others.”

In addition to the discussion, participants also had the opportunity to try experiential opportunities offered by individuals from UAB’s Integrative Medicine Clinic. All were encouraged to join in low-impact, yoga therapy with Keeley Michael who expertly demonstrated modified poses that healthcare professionals can perform at their desk and breast cancer survivors at all stages of recovery can adapt to their practice. Elizabeth Vander Kamp, Artist in Residence for UAB’s Institute for Arts in Medicine, a partner of UAB’s Integrative Medicine Clinic, complemented the physical element by sharing the art of the Zentangle, an easy to learn, relaxing, and fun way to create beautiful images by drawing structured patterns. As participants tried their hand at making, Vander Kamp encouraged everyone to remember that with Zentangle “Anything is possible one stroke at a time.”

Forge’s Healthcare Professional Lunch & Learns are designed to specifically address the needs of healthcare professionals that serve the breast cancer community as well as anyone who has ever been diagnosed with breast cancer and their loved ones.

To learn more about Forge, visit www.forgeon.org, email info@forgeon.org, or call 205-838-6159.

Forge Breast Cancer Survivor Center

Forge assists survivors and co-survivors in taking an active role in their fight against breast cancer by offering support, knowledge, strength and direction. Through Forge, all those touched by breast cancer can bond with others to Forge a new future.

UAB Institute for Arts in Medicine

UAB’s Institute for Arts in Medicine (AIM) is a partnership between the UAB Center for Visual and Performing Arts and UAB Medicine. AIM strives to transform the environment of care and enhance healing and well-being for our patients, families and staff through creative arts experiences with professional artists in residence. AIM has a patient-centered approach to care and seeks to address the needs of the whole person - mind, body and spirit.

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