



AMERICAN INSTITUTE
OF HEALTHCARE & FITNESS



Breast Cancer

A HEALTH, WELLNESS, AND EDUCATION SERIES

Tuesday Evenings: 6:30 pm - 8:00 pm beginning August 12th

*at American Institute of Healthcare & Fitness
Conference Center – Garden Level
8300 Health Park, Raleigh NC, 27615
www.aihf.net*

Have you or a family member been diagnosed with breast cancer?

Are you a breast cancer survivor?

Would you like to learn more about breast cancer?

Become part of a unique group of individuals who will gain direct contact with healthcare providers & physicians.

Seminar Topics:

- Understanding more about a disease that affects 1:8 women
- Learn about causes, symptoms, stages & treatment options
- Receive guidance on physical & emotional recovery after diagnoses

Space is limited
Register by Friday, August 8, 2008

To register contact
Steve Adkins at sadkins@healthparkpharmacy.com or call
(919) 847-7645

There is no fee for this seminar series. In return, we ask that you make a commitment to 8 sessions. Come with a curious mind, a positive attitude, and a willingness to learn.

Schedule of Topics:

Tuesday August 12, 2008:

Topic: Introduction
Health Park Pharmacy

Topic: Radiology: Diagnostics & Treatment Options
Wake Radiology

Tuesday August 19, 2008:

Topic: A Disease State Overview
Carolina Family Practice & Sports Medicine

Tuesday August 26, 2008:

Topic: Nutritional Guidance for the Breast Cancer Patient/Survivor
Healthy Diets

Tuesday September 2, 2008:

Topic: Acupuncture
Carolina Chiropractic & Wellness

Tuesday September 9, 2008:

Topic: Moving on after Breast Cancer
Carolina Performance

Tuesday September 16, 2008:

Topic: Physical Therapy Considerations for the Breast Cancer Patient
Sports & More Physical Therapy

Tuesday September 23, 2008:

Topic: Oncological Treatment Options
Cancer Centers of North Carolina

Topic: Hormone Replacement Options: Traditional vs. Compounded
Health Park Pharmacy

Tuesday September 30, 2008:

Topic: Reconstructive Surgery Options
Schwarz Plastic Surgery

Directions to American Institute of Healthcare & Fitness

From RDU Int'l Airport: Airport Exit becomes Terminal Blvd. Go 0.2 miles, take the ramp toward US-70/Aviation Pkwy West. Merge onto Aviation Parkway, go ~1 mile. Merge onto I-540 N toward US-70. Go ~ 9 miles, take the Six Forks Road - South exit (Exit 11). Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

North from the Town of Wake Forest: Take Capital Blvd./US-1 South toward Raleigh. Go ~ 7 miles on Capital Blvd. and merge onto I-540W. Go ~ 5 miles, take Six Forks Road exit (Exit 11). Turn left onto Six Forks Road. Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

South from the Town of Sanford: Take US 1 North into Raleigh. Go ~ 39 miles on US 1 North. Take Six Forks Road - North exit (Exit 8B). Go north on Six Forks Road ~ 4 miles. Turn left on Forum Drive (after the water tower). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

East from the Town of Knightdale: Take US 64 West into Raleigh. Take the I-440 North/Outer Beltline ramp toward Wake Forest. Go ~ 5 miles and take the Six Forks Road - North exit (Exit 8B). Go north on Six Forks Road ~ 4 miles. Turn left on Forum Drive (after the water tower). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

West from the City of Durham: Take I-40 East or US-70 South into Raleigh. Merge onto I-540 North. Take the Six Forks Road - South exit (Exit 11). Go south on Six Forks Road ~ 1 mile. Turn right on Forum Drive (at the Chick-Fil-A). Turn left on Health Park at the entrance of American Institute of Healthcare & Fitness.

