



# RESILIENT WARRIORS:

## Women Veterans and Breast Cancer

**Saturday, June 11, 2022** (Rain date June 18) | **10 a.m. – 12 p.m.**  
**Woolsey Park, 221 Washington Crossing-Pennington Road,  
Hopewell, NJ 08560**

This special event welcomes all women veteran breast cancer survivors, those currently battling breast cancer, in addition to family and friends of women veterans and active military. This event recognizes **Women's Veterans Appreciation Day** and the women who have or who currently serve to protect the United States and those veterans who have been diagnosed with breast cancer. Shannon Davila, a military veteran, nurse, and breast cancer survivor, will lead the program co-hosted by New Jersey Commission on Women Veterans and Capital Health Cancer Center.

Registrants will receive a complimentary snack and gift for attending. Following the event, participants are welcome to walk the park's wooded walking trails.

Participants should bring a chair or blanket to sit on. This event is wheelchair accessible. This program is provided at no cost.

**Register by Thursday, June 9, 2022.**  
**Visit [capitalhealth.org/events](https://capitalhealth.org/events) or  
call 609.303.4021 to register.**

### HIGHLIGHTS INCLUDE:

- Breast cancer survivors sharing stories of wellness, survivorship, and support
- Capital Health breast cancer medical experts sharing best practices for breast health, screening recommendations, and post-treatment care
- Healthy eating tips from a licensed oncology dietitian
- Relaxation exercises like tai chi and yoga that have lasting health benefits
- Breast cancer resources and program information



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