

# Boob Bulletin



Fighting Breast  
Cancer Together

2nd Quarter, 2019  
Issue 6

## Happy Spring Everyone!

### Director's Message

(Sherry Palmer / Survivor)

It is hard to believe that we have just had our 10th annual "Joy of Life" luncheon. We enjoyed a great event at the Rialto Hilton in Melbourne on Friday, March 22nd. We had vendors and raffles along with lunch and some very funny comedians. If you missed it, make sure to mark your calendar for next year on Friday March 27, 2020! Thank you everyone who works so diligently to ensure our events are a success, as we celebrate our survivors!

Our speakers series will continue through May and then we will take June, July and August off as everyone enjoys summer vacations. We are adding more awareness information regarding lymphedema education for our gals . . . . . this seems to be a topic that is overlooked. We believe information and education are key to giving you the power, strength and courage to be your own best advocate . . . . . which is crucial.



Over the last 10 years, I have met so many women, brave, strong and fearless women who have traveled this breast cancer path successfully . . . . . that is why we are here . . . . . to help with that path and provide the guidance as they gather that information. . . . . (yes, along with a hug and some chocolate !!)

*Sherry* ❤️

### Community Partner Sponsorships:

- >\$4,000 **Pink Diamond**.....  
Brevard County Firefighters  
Harley Owner's Group
- \$3,000 **Pink Pearl**.....  
Atlantic Culvert  
Beach Organics Skin Care  
Dr. Anil Dhople & Family  
Vitas Healthcare
- \$1,000 **Pink Ribbon**.....  
Bank of America  
Dr. Paul & Debbie Keller  
The Law Offices of  
Krasny & Dettmer

### What's Happening this Quarter

(all events are at the offices of Driven by Heart )

- ♦ **BAGELS & COFFEE** — 1st Wednesday ... 10am to 11am  
April 3..... May 1..... June 5
- ♦ **SPEAKER SERIES** — 1st Wednesday ... 6:00pm to 8:00pm  
April 3..... Alyssa Hullinger  
May 1..... Dr. M. J. Castellon
- ♦ **OVER 50 GIRLS** — 2nd Wednesday ... 6:00pm to 7:30pm  
April 10..... May 8..... June 12
- ♦ **MBC GALS** — 4th Tuesday ... 6:00pm to 7:30pm  
April 23..... May 28..... June 25
- ♦ **UNDER 50 GIRLS** — 4th Wednesday ... 6:30pm to 8:00pm  
April 24..... May 22..... June 26

## WHY YOU SHOULD START DRY BODY BRUSHING TODAY . . .

**You may be thinking** . . . . . Why do I need to add something else to my already busy morning routine? We assure you, the extra 5 minutes this takes is well worth the investment.

Dry brushing is the ancient practice of brushing dry skin with a natural-bristle brush in order to stimulate the lymphatic system and exfoliate your skin. Dry brush can help detox your body by stimulating your lymphatic system to remove cell waste, environmental toxins and pathogenic organisms more efficiently.

Dry skin brushing effectively opens up the pores on your skin. This is something you can — and should — be doing daily.

Brush before showering and use a natural lotion after showering.

Dry brushing is not recommended for people with **sensitive skin** or skin conditions such as eczema, psoriasis & excessive dry skin.



*Might be fun . . . . . Zumba with Jenn !!*

**No experience needed! No membership fees!**

**When:** M / W / F @ 8:45 a.m. — 55 minute class

**Where:** 1915 S Babcock Street, Suite 105, Melbourne . .  
.. Corner of Babcock St & 192

**Special \$5 drop-in for Driven by Heart patrons or unlimited first month pass for \$30.**

**FaceBook:** <https://www.facebook.com/jenzparty/>

**Phone:** 321.543.7513

*Life isn't about waiting for the storm to pass . . . It's about learning to dance in the rain !*

The Driven by Heart office is open  
Monday & Wednesday from 9am—1pm

Sherry Palmer . . . . . 321.474.6900

[SherryPalmer@DrivenbyHeart.org](mailto:SherryPalmer@DrivenbyHeart.org)

*Also available by chance  
and always by phone.*



## UPCOMING DRIVEN BY HEART SPEAKERS

**April 3** — Alyssa Hullinger

*Massage Therapist*

Alyssa is a licensed massage therapist, specializing in Oncology Massage Therapy. She will be discussing the benefits of Oncology Massage and the importance of choosing a therapist with this specific training. Additionally, she will explore the techniques of massage scar tissue, self-breast exams and self-breast massage.

**May 1** — Dr. M. J. Castellon

*Plastic Surgeon*

Programs Start at 6 p.m. . . Save your seat . .  
Space will be limited . . RSVP required  
[eventsrsvp@drivenbyheart.org](mailto:eventsrsvp@drivenbyheart.org)

## HOW CAN YOU HELP . . .

**Driven by Heart** yearly empowers over 200 women through their journey to fight breast cancer. Without the generous contributions of our community, this would not be possible. As we start the new year, we encourage you to consider a legacy gift to **Driven by Heart**. A legacy gift is a planned future donation, given through a will or other form of designation (appreciated securities, annuities, or life insurance policies). Another option maybe to consider **AmazonSmile**. This is a website operated by Amazon with the same products, prices and shopping features as Amazon.com. The difference is that when you shop on **AmazonSmile**, the **AmazonSmile Foundation** will donate 0.5% of the eligible products to the charitable organization of your choice . . . **Driven by Heart**. Thank you for considering us.

Watch for emails  
or updates



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