

Sherry Palmer | Survivor/Founder/Consultant

Happy New Year, everyone! How did we get to 2020 so quickly? We have so many great things planned for Driven by Heart in the upcoming year—great speakers, new additions to what we already do for our breast cancer gals, and additional resources as they become available.

As we start the new year, we also have a new director. I am proud and pleased to tell you that Barbie Braden is taking over as director. I am taking on the role of consultant and will be here to help. Stop in, say hi, and welcome Barbie to DBH!

Barbie Braden | Director

Happy New Year, everyone! Ten years ago, I met Sherry over a cup of coffee (as many of you have). Since that day, I made a commitment that I would help to make sure that no woman goes through breast cancer alone. I am honored to be part of such an amazing organization and am looking forward to working with Sherry every day to help our girls navigate through breast cancer diagnosis and find the resources they may need.



As part of our effort to expand our offerings, we are working to build a comprehensive lending library for our gals. Focus will be on topics like survivorship, caregiver support, managing chemotherapy and radiation, living with metastatic breast cancer, and health, wellness, and nutrition.



**Attitude is a little thing that makes a *big* difference**

## ***HAPPENING THIS QUARTER***

At the office of *Driven by Heart*

- **Coffee and Conversation:** 1st Wednesday, 10 a.m. to 11 a.m.
- **Over 50 Girls:** 2nd Wednesday, 6 p.m. to 7:30 p.m. January 8, February 12, March 11.
- **MBC Gals:** 4th Tuesday, 6 p.m. to 7:30 p.m. January 28, February 25, March 24.
- **Under 50 Girls:** 4th Wednesday, 6:30 p.m. to 8 p.m. January 22, February 26, March 25.

*Driven by Heart* is open Mondays and Wednesdays from 9 a.m. to 2 p.m. Also available by chance and always by phone.

(321)474-6900. BarbieBraden@DrivenbyHeart.org

Our 11th annual *Joy of Life* Luncheon will take place on March 27 at the Hilton Rialto in Melbourne. Doors open at 10 a.m., and lunch is served at noon. Come early and stop by our vendor and raffle tables. Tickets are \$35 per person. To reserve your seat, RSVP to [luncheon@drivenbyheart.org](mailto:luncheon@drivenbyheart.org). If paying by check, mail to 1101 W. Hibiscus, Ste. 107, Melbourne, FL 32901. Table sponsors and vendor spaces are available. Please contact Barbie or Sherry at (321)474-6900 for more information. We look forward to seeing everyone for an afternoon of celebration and laughter.



## **SPEAKER SERIES**

**January 28:** Dr. Jose Reilova, pathology specialist.

**February 5:** Susan Moore is the founder and CEO of Beach Organics. You will be shocked when you learn what is hiding in your skin care products!

**March 4:** Betsy Markle. Betsy is a registered dietician, holistic nutritionist, and yoga instructor.

**Programs Start at 6 p.m. Save your seat as**

**space is limited. RSVP required**

[eventsrsvp@drivenbyheart.org](mailto:eventsrsvp@drivenbyheart.org)

Do you have an idea for our speaker series? Email your suggestions to [BarbieBraden@DrivenbyHeart.org](mailto:BarbieBraden@DrivenbyHeart.org)

Additional happenings: keep an eye out for our Facebook announcement for a presentation by Alyssa Hullinger, Licensed Massage Therapist, our only certified oncological massage therapist in Brevard County.



We are thankful to have had support in December from Legacy Pools and Brevard County Firefighters' Association. On behalf of all of the breast cancer patients that you have had an impact on...you touched our hearts!

## **SNACK TIME**

### *Roasted Chickpeas*

Garbanzo beans (also known as chickpeas) are an amazing source of fiber, protein, and nutrients. They sometimes get a bad rap due to their dull nature straight out of the can. When roasted, though, they become chewy, nutty, and loaded with flavor. You can also season them (think ranch or taco seasoning).

Drain and rinse 1 can of garbanzo beans. Pat dry.

Coat beans with 2 T olive oil

Optional: salt, pepper, garlic powder, or onion powder.

Roast 30-40 minutes at 450 degrees. Enjoy as a snack, as protein on a salad, or mashed in a sandwich with lettuce, tomato, and your favorite additions.

Watch for emails or updates

