



COMPLEMENTARY/INTEGRATIVE OPTIONS FOR HEALTH CARE: STACKING THE DECK IN YOUR FAVOR

Thursday, November 21, 2002

Complementary/Integrative medicine uses a holistic approach to health, healing and wellness. It is not an alternative to traditional Western medicine. Rather, it seeks to join together the best of traditional and complementary medical practices.

In this program, nurse oncologist Renée Gecsedí, will give an overview of evidence-based complementary/integrative approaches to health care. She will discuss current research on the effectiveness of different complementary modalities with a particular emphasis on breast cancer and other oncology patients, and give hints on how to choose a practitioner who is right for you.

Georgia Decker, RN will explore the role of nutrition, supplements and vitamins in warding off disease and in promoting healing.

Northeast's Chief Caterer, Marilyn Sirco, will cap off the evening with a demonstration of delicious, healthful cooking. **Be our guest!**

PRESENTED BY:



*Your Personal Source for
Breast Cancer Education and Support*



Northeast Women's
Health Services

Phone: (518) 439-5975 • Fax: (518) 475-9141 • Website: www.ToLife.org • E-mail: info@ToLife.org

{ COMPLEMENTARY/INTEGRATIVE
OPTIONS FOR HEALTH CARE:
STACKING THE DECK IN YOUR FAVOR }

Thursday, November 21, 2002

Registration at 5:30 p.m. • Program at 6:00 p.m. to 8:00 p.m.
The Krause Center,* Burdett Avenue, Troy, NY

COME! LEARN! EAT! ENJOY!

presenters:

**Georgia Decker, RN,
MS, CS-ANP, AOCN,
Integrative Care, NP, PC**

Renée Gecsedí, MS, RN, OCN
Clinical Nurse Specialist in Oncology
Northeast Health Services

Marilyn Sirco
Chief Caterer
Northeast Health Services

Published articles include: "*Massage
Therapy for Patients with Cancer*" and
"*Incorporating Alternative Therapies
with Pain Management.*"

LIGHT REFRESHMENTS WILL BE SERVED.

All *To Life!* education programs are presented **free of charge**.
Pre-registration is required. Please call *To Life!* at 518-439-5975.

Supported in part by a grant from Troy Savings Bank Charitable Foundation



*Your Personal Source for
Breast Cancer Education and Support*

278 Delaware Avenue
Delmar, NY 12054

* Directions: Route 787 to Exit 9E (Route 7 East-Troy/Bennington). Cross the bridge and continue east on Hoosick Street (Route 7) for about a 1/2 mile. At the fifth traffic light, turn right onto Burdett Avenue. The Krause Center is on the left, directly across the street from Samaritan Hospital. There is ample parking adjacent to the Center.