



# *Navigating A Breast Cancer Journey*



*Navigation Help Wanted*



*READY*

*SET*

*GO!*

*A simple strategy*



*Getting*

*READY*

*Visioning The Big Picture*



*Getting*

*SET*

*Focusing on  
Specifics*



GO

GO!

GO!!

## *Navigating “My” Breast Cancer Journey*



*Envisioning*

*My*

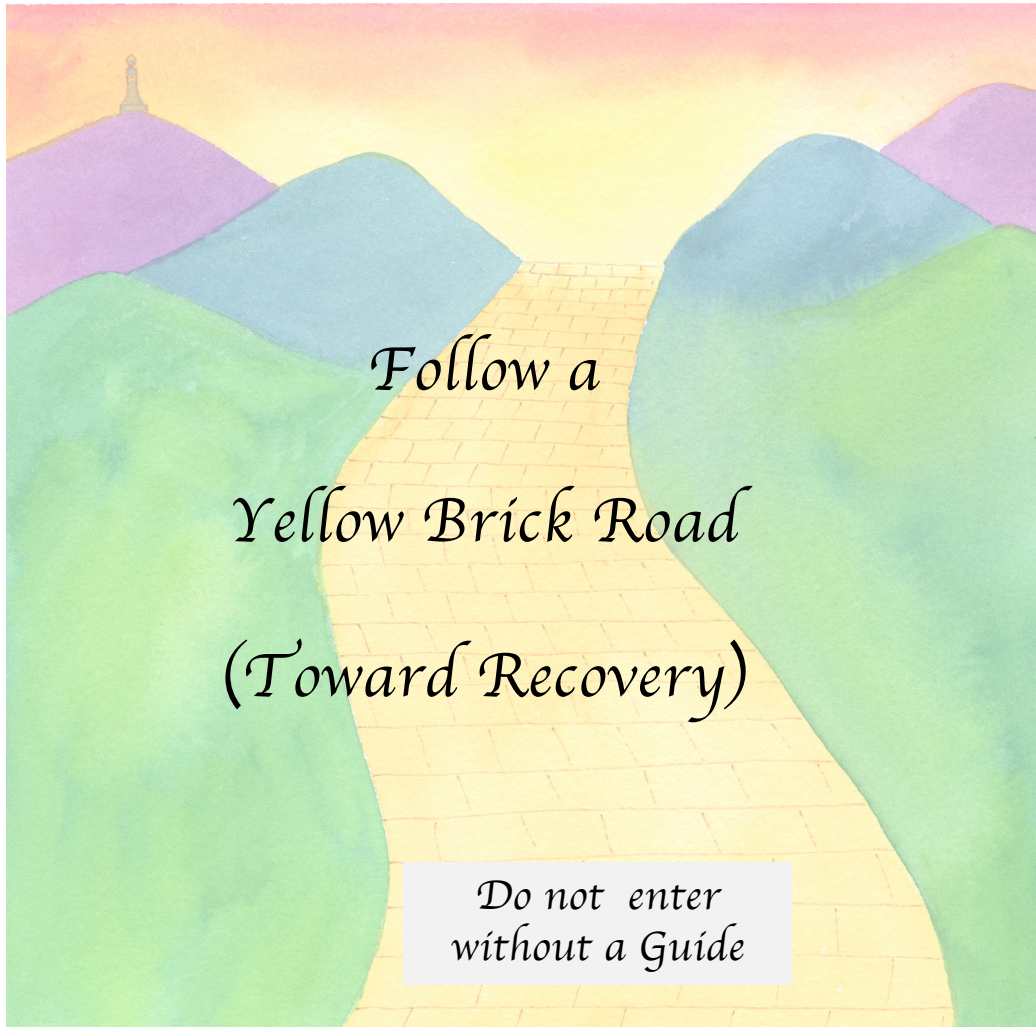
*Big Picture*



*Destination?*

*State of Well Being, in the Land of Recovery*





*Follow a  
Yellow Brick Road  
(Toward Recovery)*

*Do not enter  
without a Guide*

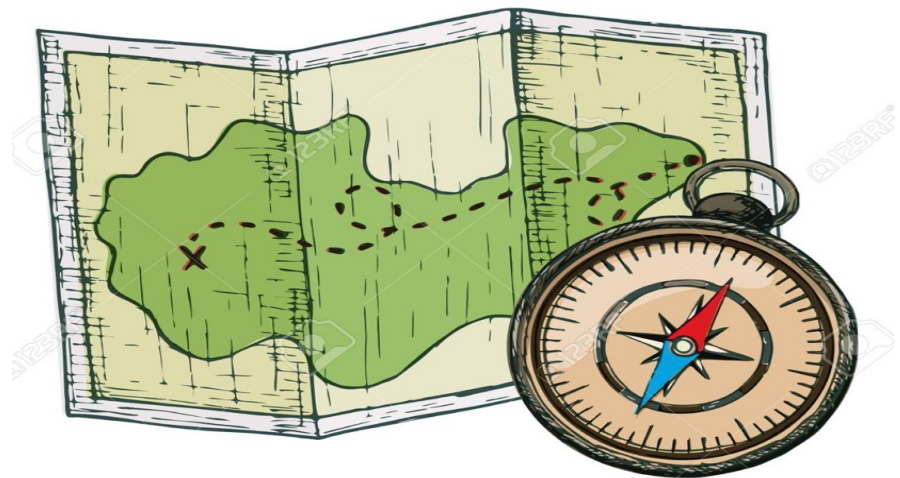
*Route?*



# *Experienced Guide*



# Chief Navigator





# *Team of Specialists*



# *Fellow Travelers*



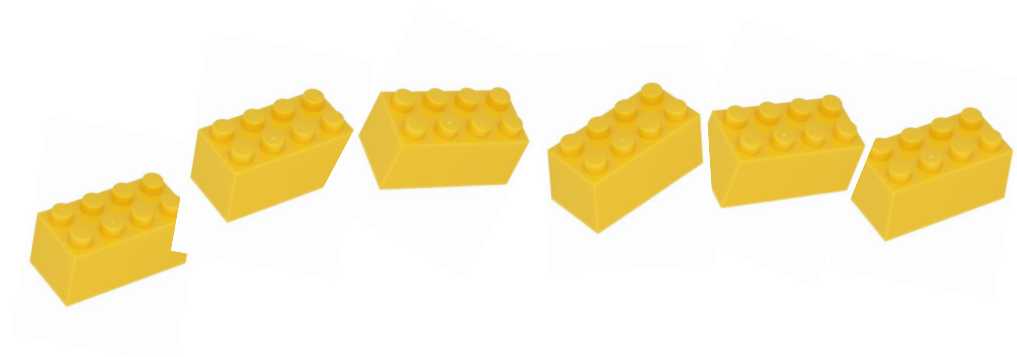
# *Road Conditions?*





*Essential tools and  
equipment*

*Dorothy's  
Essential Equipment  
Reccomendations*



*Set of six yellow bricks  
(Magic type, flexible, adjustable, portable)*



# *The Bricks:*

*Defining True North*

*Recruiting Navigator & Specialist Crew*

*Approved Passenger List & No Fly List*

*Assembling a Self-care Kit*

*Goals Selected & Celebrations Planned*

*Managing Detours & Delays*

# *Help wanted*



- *Tips and tool that worked*
- *Essential equipment ideas*
- *Additional “yellow bricks”*



*One more word...*



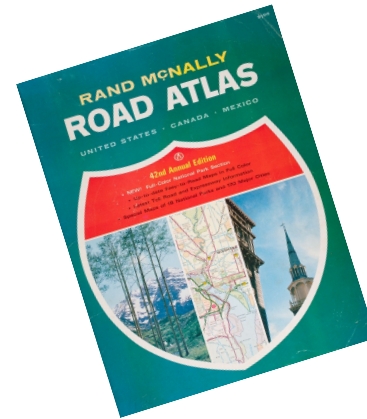
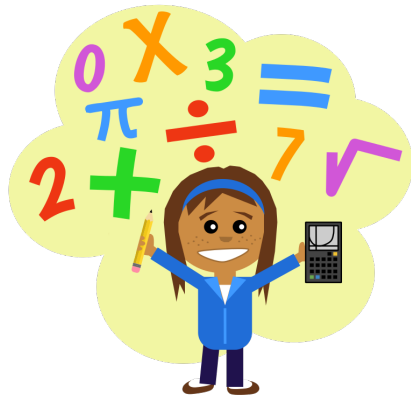
*Just do it!*



# *Define Your True North*



# Seek Out Reliable Information Sources





*Visit Libraries, Galleries, Museums, Performances*

# Revisit children's classics



*“Braver  
than you believe,  
  
Smarter  
than you think,  
  
Stronger  
than you feel.”*



# *Join Volunteer Advocate*



**LIVING BEYOND  
BREAST CANCER**



# 2a

# *Recruit Navigators You Trust*





## *Recruit A Team of Specialists*





# Create An "Approved Passengers List"



# 3b

*Create a “No-Fly” list*





# *Assemble your self care kit*



# *Include info re: the Latest Science*



# *Rx: The Big Four once daily*





*Consider Joining a group.*





# Set Goals, Celebrate Achievements

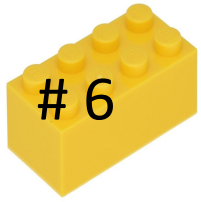


# *Churchill, Manitoba July 2022*



*Count today!*





# *Anticipate Delays & Detours*




*Manage, adjust YOUR “Big Picture”*

# *Essential Equipment: Magic Bricks: A Recap!*

*Define “True North”*

*Recruit Navigator & Crew*

*Compile Passenger Lists* 

*Assemble a Self-care kit*

*Set Goals and Celebrate Achievements*

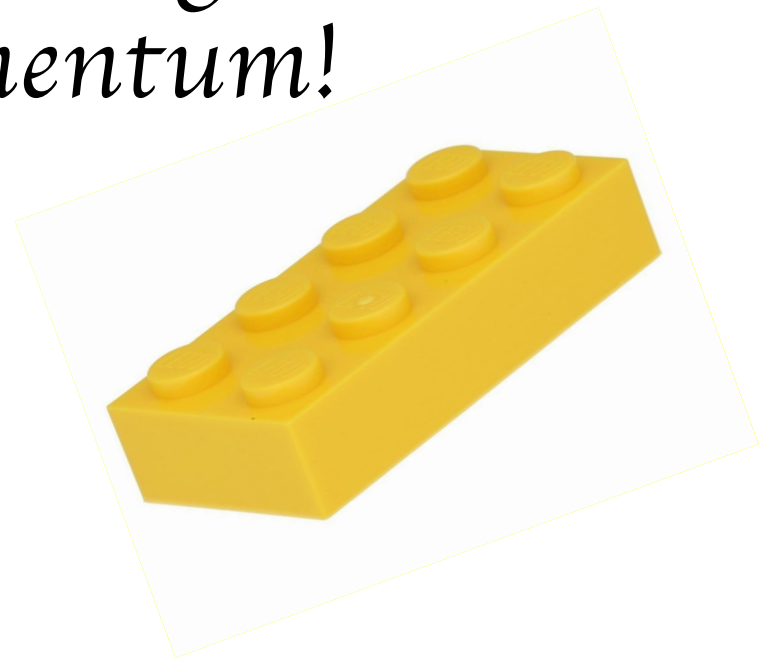
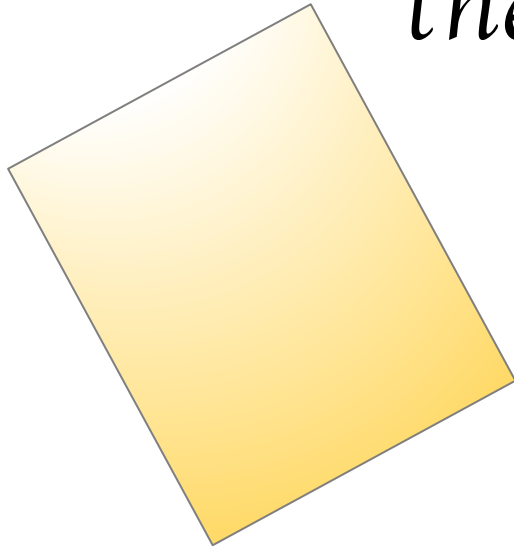
*Anticipate Detours & Delays; adjust Big Picture*

*If a “Road to Recovery” beckons...*





# *Accelerating the Momentum!*





# For you





*Thank You! Safe  
Travels!*

