

**We Believe in
Wellness
and in
Empowering
Others to be
Their Own
Best Health
Advocates**

At Going Beyond the Pink, we believe that wellness education and access to wellness opportunities empower people to make the best choices for their lives.

To empower others, we offer educational programs and resources centered around the needs of the breast cancer community, but open to everyone seeking to improve their wellness and be their own best health advocate!
JOIN US!



We're Social!



www.GoingBeyondthePink.org



@GoingBeyondthePink



@gbtpink

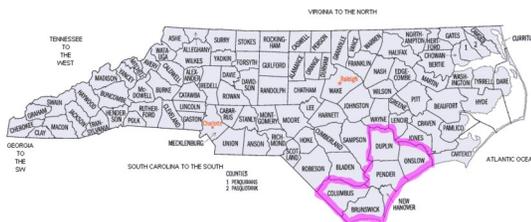


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And Local!



Going Beyond the Pink currently serves Brunswick, New Hanover, Pender, Onslow, Duplin, and Columbus counties.

4018 Shipyard Blvd, Suite 1A

Wilmington, NC 28403

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**Breast Health
Education &
Resources**

**Before, During,
and After a
Cancer Diagnosis**

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Many Thanks to Our
Community Sponsors,
Volunteers, and
Affiliates!



What We Do

- ◆ Offer a wide variety of FREE educational and informational classes that address the wellness needs of our community before, during, and after a cancer diagnosis.
- ◆ Provide post-diagnosis resources to those in need for FREE, like mastectomy bras, wigs, breast-prostheses, hats, scarves, pillows, and hug-wraps.
- ◆ Offer financial assistance grants to help cover the medical costs associated with treatment for breast cancer, thanks to support from our founding sponsor, Pink Trash.



We're Different

We are hyper-local! Our programs serve Brunswick, New Hanover, Pender, Onslow, Duplin, and Columbus counties.

We recognize the great work done by other organizations in our community, and want to help them bring their services to those in need. We provide referrals to other local organizations that can help survivors meet their needs.

We recognize that cancer impacts more than just the survivor. Our classes are FREE, and open to all who might benefit from them.

OUR PROGRAMS

Your Breasts: What's Normal? What's Not?

A local initiative to educate women and men ages high school through senior citizen about normal breast health. Participants learn specific tactile and visual techniques to help them become active and proficient in their own self-breast examinations. The workshop is fast-paced, interactive, and provides potentially life-saving information in a fun, yet effective way.

Also available in Spanish.



Thrive is an educational program that examines traditional, alternative, and supplemental wellness and survivorship knowledge and techniques to provide our breast cancer community with a well-rounded resource for information. Wellness workshops include:

- ◆ Get Moving! (with a personal trainer)
- ◆ Physical Therapy for Cancer Care
- ◆ Pain Management
- ◆ Counseling
- ◆ Self-Image Workshops
- ◆ Post-Cancer Intimacy Workshops
- ◆ Mindfulness Workshop
- ◆ Yoga Basics
- ◆ Vitamins & Supplements
- ◆ Essential Oils Workshop
- ◆ Acupuncture Informational Session
- ◆ Thermography Informational Session
- ◆ Nutrition
- ◆ Cancer & Your Finances
- ◆ Healthy Eating Food Prep & Cooking Demonstrations
- ◆ Gratitude Journaling
- ◆ Therapeutic Massage Workshops