

# Welcome to Driven by Heart

Hello Lady . . . . We are a great resource center for breast cancer patients and we are here to help you through your journey. We are ready with many survivors / volunteers to answer your questions and listen to your concerns.

We provide every new patient we meet with a *Comfort Bag*. The bag consists of an assortment of items to help make the process of surgeries and chemotherapy a little bit easier. Our *Comfort Bag* contains wedge pillows, drain holders, blankets, seatbelt pillows, bandanas, journals with highlighters and pens, and the *Breast Cancer Treatment Handbook* by Judy C. Kneece. These items are all provided free of charge to women undergoing breast cancer treatments. Additionally, we promote health and wellness to survivors beyond breast cancer treatment by offering monthly educational seminars covering a range of topics including nutrition, physical fitness, yoga, and relaxation techniques.

**Driven by Heart** has several "Girls" groups, or if you prefer you can always make an appointment and meet one-on-one. We have a great "Girl's Room" filled with wigs and bras. We also have a Shower Shirt closet available to you. We do not want any woman to go through breast cancer alone.

*Women are powerful creatures . . . Give us a challenge . . . We develop a plan . . .  
We gather our team and we march forward. Will it always be great . . . NO . . .  
Pity parties are okay — have one and move on.  
Remember everything always looks smaller in the rearview mirror.  
Call us and let us empower you — give you a hug — and maybe some chocolate too!*

## WE HAVE ADDITIONAL INFORMATION TO SHARE WITH YOU . . . . .



### *Honey-Do List*

*A special list for the  
Husbands and Partners .  
. . . To help support your  
gal and improve the  
quality of her life and  
your relationship.*

### **Chemo Room Chatter . . . . .**

Some helpful hints . . . tips . . . tricks . . .  
or magic that you probably will not get  
anywhere else. From the women that have  
walked before  
you . . . things  
we have found  
useful in our  
own treatments  
and we hope you  
find them  
helpful too.



**Being on  
MEDICATION  
has it perks.**  
*You can slap  
insensitive people at  
RANDOM  
and blame it on  
the side effects.*

Inhale the future . . . . . Exhale the past