

A monthly newsletter for gynecologic cancer survivors. This member's only newsletter will feature articles, stories, inspiration, events, recipes, & more written for survivors by survivors. Proudly published each month by GYNCA.

DID YOU KNOW..... There are many resources available to you and your family?



GYN CANCERS ALLIANCE OFFICE is a full resource center in Southwest Missouri. GYNCA provides education, resources, and support to local women and caregivers affected by gynecologic cancers. If you and your family are in need of specific resources, please contact Amber @ 417.869.2220 or amber@gynca.org and she can provide many options for assistance.

GYNCA offers the following programs to all women diagnosed with a gynecologic cancer and their families:

- Survivor-to-Survivor Mentoring partnering with Imerman Angels
- Education & Awareness
- Emergency Non-Medical Financial Assistance while in current treatment
- Monthly/Quarterly Member Group Meetings

LOST & FOUND GRIEF CENTER provides a unique program for families facing an advanced serious illness. We know this type of diagnosis disrupts your family's life in so many ways. Lost & Found's Journeys Program is here to support you and your family as you move forward through the challenges that accompany this diagnosis. Our certified Child Life Specialist works closely with families through therapeutic individual sessions. All activities in sessions are research based and age appropriate. We follow a forward-moving model that values the strengths of a family and teaches how to grow those strengths. These sessions through our Journeys Program are at no cost to families. See enclosed flyer for more information.

CURE & HEAL MAGAZINE are free for those on their cancer journey. Whether you are new to treatment, finished with treatment, a long-term survivor, or caring for someone with cancer, CURE will be with you every step of the way! They serve as an indispensable guide for patients and their families from diagnosis through recovery. A must-have for all!

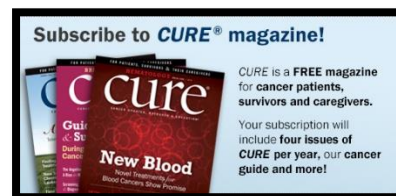
CURE is the indispensable guide to every stage of the cancer experience. They also have a Facebook page that shows fabulous articles and showcase their podcasts.

HEAL is for cancer survivors focused on living well after cancer. It is a part of the CURE Media family. Heal features cancer-related research, education, and contributions from survivors who share experiences from their cancer journeys.

SUBSCRIBE TO BOTH MAGAZINES FREE TODAY:

<https://www.curetoday.com/subscription>

<https://www.curetoday.com/heal-subscription>



THE HOO-HA HUDDLE

GYNCA has a **PRIVATE** Facebook group called "The Hoo-Ha Huddle".

It is a chance to connect to other women going through the same journey as you are. Who knows this cancer better than a woman that has been through it herself!

This group is for GYNCA members only. Each member has been verified as a gynecologic cancer survivor. The members in this group range from newly diagnosed, women that are having a recurrence, women in remission for many years, etc.

To join this private group, please visit this link (Type the full address in your web browser).

<https://www.facebook.com/groups/HooHaHuddle>

Please know that anything that you comment on, interact with, or post yourself will only be seen by other GYNCA verified members. This is a safe environment to connect with others without the fear that someone may see your posts that should not.



Please join us & be a model in our Annual Spring Luncheon & Fashion Show!

Please join Gynca to celebrate 18 fabulous years serving women in Southwest Missouri that have been diagnosed with Gynecologic Cancers. Every year Gynca hosts an Annual Spring Luncheon & Fashion Show. Sign up to be a model and wear some of the latest styles from area boutiques! Show that Cancer can't keep you down!

MONDAY, APRIL 1st
MODELS ARRIVE 8am-9am
FASHION SHOW 11am-1pm!



Feel empowered & strut down the runway while modeling local fashion boutiques for GYNCA. You will receive a morning full of pampering. Hair, Makeup, Breakfast, Mimosas, & Lunch! Dr. Bonebrake & Dr. Hernandez will take a spin in the spotlight in honor of all of our survivors. **Best part is, you can invite 1 loved one to watch you model and they enjoy the full benefits of all of our guests at no charge!**

Call Amber @ 417.869.2220 or email: amber@gynca.org to sign up to be a model. Each model will receive 1 ticket for themselves and 1 ticket for a guest to attend!

THE 2019 ANNUAL GO GIRL RUN PRESENTED BY GYNCA

Located @ Springfield Park Central Square Downtown.

This event kicks off with an Expo on Saturday, April 13th including healthy lifestyle & boutique vendors!

Race Day Sunday, April 14th, will be ready to make a BIG difference and improve the lives of women!

Every detail of this event will be planned with the woman in mind. For all race details please visit: <http://www.gynca.org/> & click on the Go Girl Run Event or visit our Facebook page and click on Events!

IF YOU DON'T RUN, PLEASE VOLUNTEER!

This is a great way to give back to GYNCA and help other women in your community!

Call 417.869.2220 or Email amber@gynca.org to get signed up!

We also post updates on Social Media if you would like to share this event with all of your Facebook Friends!

FEBRUARY MEMBER EVENT

21ST – PAMPER SESSION – LADIES ONLY – 6pm-8pm @ GYNCA

GYN CANCERS ALLIANCE OFFICE @ 3023 S Fort Ave Suite D Springfield, MO 65807

RSVP REQUIRED BY FEBRUARY 15TH – LADIES ONLY!

Join GYNCA for a relaxing well deserved evening to focus on yourself.

An evening for you to be pampered! We will be giving each survivor a beauty pack to take home! Bring your gal-pals for a relaxing evening out all at no charge to anyone that would like to attend! Enter the free raffle for a grand prize while you are here too! Light refreshments will be provided.

RSVP is required to Amber at (417)869-2220 or email amber@gynca.org

