



# Uniquely You:

Eating Well. Living Well.





# WELCOME

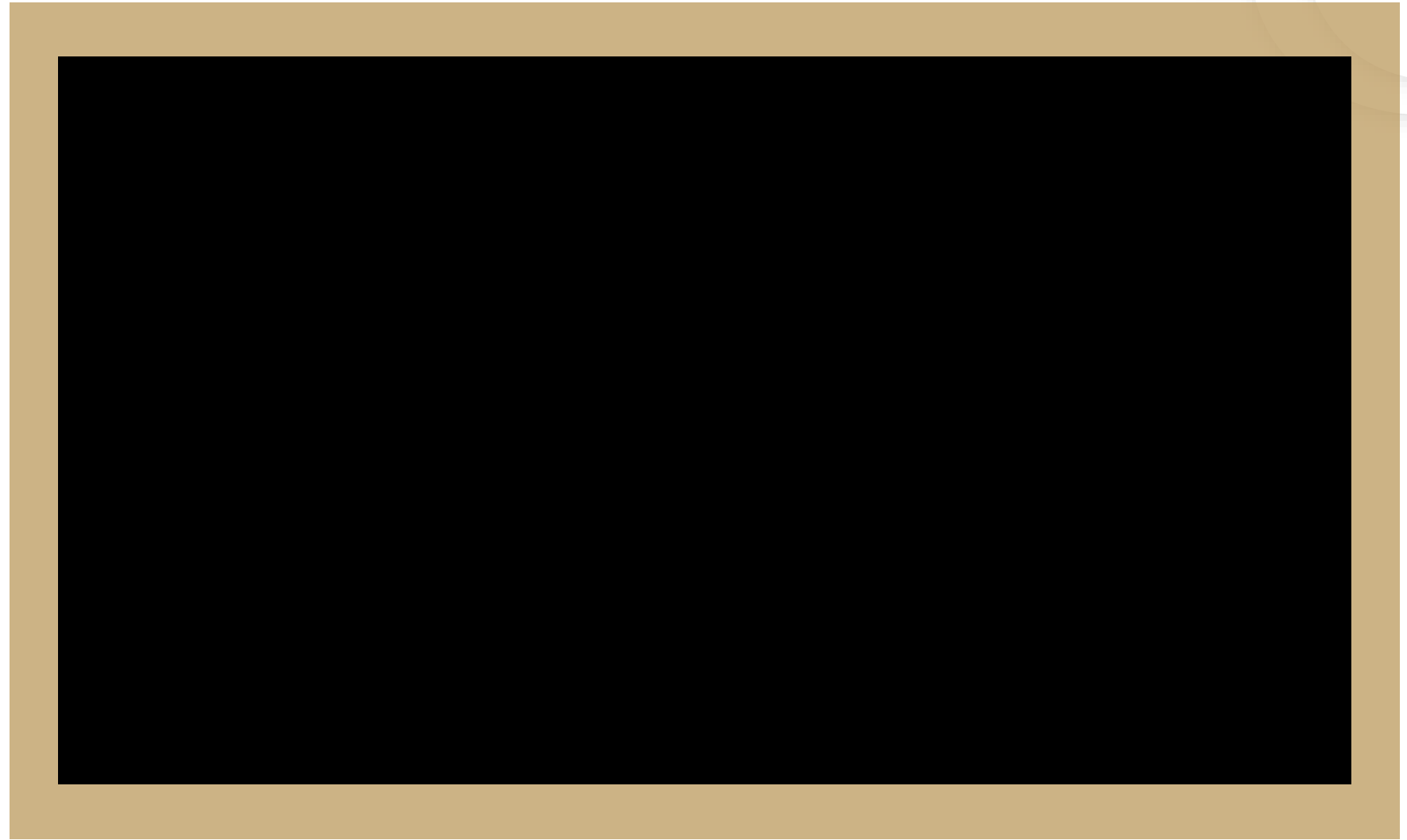
Welcome to **Uniquely You: Eating Well. Living Well.** It is presented by the Foundation for Women's Cancer (FWC), a nonprofit organization dedicated to supporting research, education, and public awareness of gynecologic cancers.

## ***SESSION AGENDA***

1. The Body & Nutrition, Exercise, Mindfulness
2. Stretching Activity
3. Q+A Panel
4. Mindfulness Session
5. Q+A Panel
6. Resource Information



# Asta Introduction



**Mind:**  
Mind over matter.



Eyes:  
Eat colorfully.



**Ears:**  
Listen carefully.



**Mouth:**  
Speak gratefully.



## Lungs:

Take a deep breath  
and say “OM.”





**Heart:**  
Have a heart.



**Uterus:**  
Be kind to your  
gyn (organs).



**Stomach:**  
No appetite?  
Can't keep  
anything down?



**Hands:**  
Use your hands  
wisely.



**Feet:**  
Move your feet  
to the beat.



# Back:

Back to the future?





# Stretching Activity





Q&A





# Mindfulness Session



Q&A





# Resource Information





# Thank you!

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