February 2025

Our Presenters

# Click here to register!

"What exactly is Cancer Genetics Testing?"

Hereditary Cancer Genetics & Multi-Cancer Testing -What You Need to Know!

"Who Should Use These Tests?"

"I already have cancer, why should I get cancer genetics testing?"

"I used a 23 and me test - that's the same thing, right?"

FREE Education Seminar: Hereditary Cancer Geneti Early Detection Testing -What You Need to Know

Followed by Q&A Session

Thursday, March 20 5:30-7 p.m.

#### Reserve Your Spot Today!







Bring your loved ones to hear directly from cancer genetics experts!

### ATTEND OUR SEMINAR TO GET ANSWERS TO THESE QUESTIONS AND MORE!



We are proud to be the presenting sponsor of <u>Cancer Connects'</u> E-Race Cancer event on Saturday, April 5. Grab your family and friends to participate in honor or memory of a cancer survivor or a loved one! Download the <u>pledge form here</u> to start collecting pledges in support of their Angel Fund-allowing Cancer Connects to provide free services and support to CNY & NNY residents on their cancer journey. There will be a prize for the top fundraising team and to an individual participating in honor or memory of someone! <u>Learn more and register here!</u>

# Advanced Cancer Support Group







Meetings at 5008 Brittonfield Parkway, East Syracuse 3pm - 4:30pm 2nd and 4th Wednesday of Each Month

# Advanced Cancer Support Group Available to All!

Our new Advanced Cancer Support Group is for anyone with an advanced stage and/or metastatic cancer. The group meets twice a month and is an open forum support group.

People can come to as many or as few meetings as they want. It is a place es they face, without

was where patients can come to talk about the challenges and difficulties the being judged. It is a safe, confidential space.

The group is open to anyone with advanced cancer at any stage of treatment, even if you are not a patient of HOA. Registration to attend is requested by calling Stacey Menzari at 315-472-7504 ext 1349 or by emailing her at <a href="mailto:smenzari@hoacny.com">smenzari@hoacny.com</a>.

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## **Heart Age Calculator**

- The Heart Age Calculator estimates your heart age based on your inputs and compares to your actual age.
- This calculator is intended for people aged 35–75 who do not have heart disease. If you have heart disease or are caring for someone who does, you might! like to join our free MyHeart MyLife digital support program for information and support tailored to your needs.
- Your risk of a heart attack or stroke may be higher if your heart age is greater than your actual age.

Offices: Auburn - East Syracuse - Camillus | 315.472.7504 | hoacny.com







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