



# GILDA'S CLUB NEW YORK CITY Lectures - March 2014

## Self Care During Cancer: What To Use, What To Avoid

Thursday, March 13, 2014 6:00pm – 8:00pm

Speaker: Britta Aragon, President and Founder, Cinco Vidas, Creator of CV Skinlabs skincare, Cancer Survivor and Author of When Cancer Hits

Cancer creates a new body, one that's more sensitive than ever before. Many over-the-counter products contain harsh ingredients that could make things worse, encouraging burns, breakouts, or even mouth sores. How do you deal with these changes without adding more chemicals to your overtaxed body? Please join skincare specialist, Britta Aragon, who will provide you with information to help you make decisions about your own self-care.

## Basic Estate and Financial Planning

Tuesday, March 25, 2014 6:00pm - 8:00pm

Michelle Shagenov, Esq & Aaron B. Safier, MBA

This lecture will discuss four essential estate planning documents: the Living Will, the Health Care Proxy, Power of Attorney, and Last Will and Testament. We will also explain how property is distributed when there is a will, when there is no will, and when property is jointly titled or has named beneficiaries. We will clarify complex financial concepts, such as budgeting, debt, and retirement planning and discuss the importance of consistent financial and estate planning.



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**Reservations required: (212) 647-9700**

**Gilda's Club NYC lectures are open to the public. If we do not have the minimum number of reservations 48 hours prior to an activity, it will be cancelled.**

Material and information provided by Gilda's Club NYC is for educational purposes and for discussion with your medical team and should not be considered medical advice. Information and opinions expressed at lectures are not endorsements by Gilda's Club NYC for any treatment, product, or service.

Gilda's Club New York City creates welcoming communities of free support for everyone living with cancer – men, women, teens and children – along with their families and friends. Our innovative program is an essential complement to medical care, providing networking and support groups, workshops, lectures and social activities, all free of charge.

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