



## Women's Health Awareness

### Virtual Series: "RealTalk With the Experts"

*This virtual series provides a unique opportunity for you to gain state-of-the-art health knowledge and ask specific questions to world-renowned experts.*

## Sister to Sister: Real Breast Health Conversations

**Thursday, October 14, 2021**  
**6:30 - 7:45 p.m.**

African American women with non-metastatic triple negative breast cancer are more likely to die of their disease than their white counterparts. Learn from a triple negative breast cancer survivor and thriver about her breast cancer journey and strategies to promote healthy lifestyle behaviors to minimize breast cancer risks.



#### **During this session, participants will be able to:**

- Understand the journey of a breast cancer survivor and the importance of self-advocacy.
- Identify known and potential risk factors of breast cancer.
- Understand the importance of getting annual mammograms.
- Understand appropriate dietary and lifestyle changes that may promote healthy breast cells.

***Webinar Goal: To raise awareness about breast health and for women to be their own best advocates for breast health***

Registration is free and open. Registration closes at noon on **Thursday, October 14, 2021**. Register at <https://niehs.nih.gov/womenshealthawareness>. The zoom link will be provided prior to the webinar.



### **Session Chair**

**Valarie Worthy, MSN, RN**  
*Patient Navigator Manager*  
*Duke Cancer Institute*

### **Speaker**

**Aisha Chilcoat, ND, FABNO, IFMCP**  
*Naturopathic, Postdoctoral Research Fellow,*  
*Integrative Medicine, University of*  
*North Carolina at Chapel Hill*



### **Speaker**

**Ricki Fairley**  
*Stage 3A Triple Negative Breast Cancer*  
*Survivor and Thriver; CEO and Co-Founder, TOUCH*

**For additional information, call the Office of Human Research and Community Engagement at 984-287-4414 or email [whad@niehs.nih.gov](mailto:whad@niehs.nih.gov).**

Individuals with disabilities who need accommodation to participate in this event should contact the Office of Human Research and Community Engagement at 984-287-4414 or [whad@niehs.nih.gov](mailto:whad@niehs.nih.gov). TTY users should contact the Federal TTY Relay Service at 800-877-8339. Requests should be made at least 5 business days in advance of the event.



**Lead Sponsor:** National Institute of Environmental Health Sciences (NIEHS), Clinical Research Branch, Office of Human Research and Community Engagement

**Co-Sponsors:** Durham Alumnae Chapter of Delta Sigma Theta Sorority Inc., Durham Alumnae Delta House Inc., and North Carolina Central University Department of Public Health Education