



# SHARSHERET

## EDUCATIONAL TOPICS TO INCORPORATE

**These topics can be presented in-person or virtually by a Sharsheret professional, local expert, or volunteer trained by Sharsheret. They can be paired with one of the interactive programs discussed above. For example, you could host a Sharsheret Pink Shabbat focused on healing or convene a cooking demonstration educating about health and empowerment. While Sharsheret staff presents through the lens of breast and ovarian cancer, each topic can also be applied more broadly to other health concerns, including COVID-19.**

### **1. Heal Together: The Power of Community**

Members of our communities are facing cancer, other illnesses, and difficult situations of all kinds. As communities come back together, in-person or virtually, the collective acknowledgement of suffering can be an important step in the healing process. Remind everyone about the impact of community and that we are not alone in difficulties or in healing.

### **2. What's Jewish about Breast and Ovarian Cancer?**

Explore why these cancers are Jewish communal issues, highlight lifesaving cancer genetics information, teach how to provide culturally meaningful support, and review how to be proactive about health in general.

### **3. Cancer Genetics: How Do You Wear Your Genes?**

Learn how hereditary cancers impact the Jewish community and what you can do to protect your family's health. This pairs particularly well with the 'Have The Talk' program (p. 9).

### **4. Women's Health and Empowerment**

Learn how to be proactive about personal and family health by determining breast or ovarian cancer risk, and how to manage and mitigate it.

### **5. Creating a Caring Community and Supporting a Loved One Facing Cancer**

For someone facing illness, support from friends and family is critically important, as is support from the greater community. Explore how to ensure inclusion of members facing difficult circumstances where both the individual member and community benefit. Furthermore, learn practical tips and the best ways to support a friend or loved one facing serious illness.

*If you have another topic in mind or would like a specialized presentation for those personally impacted by heightened risk, breast cancer, ovarian cancer, or advanced cancer, please contact Sharsheret. We are eager to discuss and personalize a presentation for your community needs.*