

Breast Cancer:

Pre-Surgery Class



For Who: For women and men diagnosed with breast cancer and is scheduled to have surgery and their family and friends

When: English classes every Wednesday at 8:30am-10:30am (arrive by 8:15)

Arabic classes every Wednesday at 11:00am-1:00pm (arrive by 10:45am)

Where: Rapid Diagnostic Breast Clinic, 1st floor, Faisal Sultan Building

What you will learn:

- How to prepare for your surgery
- How to take care of yourself after surgery
- Exercises to do after surgery
- What nutrients to take-in to prepare for surgery
- How to cope with breast cancer diagnosis
- Where to get more help and information



How to register for the class:

- Email kcccrdbc@moh.gov.kw
- Or Call Rapid Diagnostic Breast Clinic at
 - o (965) 2462-0858 or
 - o (965) 2484-9100 extension 3507

Developed in
collaboration by:

