



Breast  
Cancer  
NETWORK NZ

*Seminar*

## 'Reducing breast cancer risk'

9.00am	Welcome
9.15 – 10.15am	Dr Peter Tunbridge <b><i>There is more to breast cancer than genes</i></b>
10.15 – 10.30am	Morning tea
10.30 – 11.30am	Prof Ian Shaw <b><i>Breast Cancer – Nature or Nurture?</i></b>
11.30 – 12.30pm	Dr Helen Smith <b><i>Dietary and lifestyle risk reduction</i></b>
12.30 – 1.00pm	Lunch
1.00 – 2.00pm	Dr Peter Tunbridge <b><i>The role of the MTHFR gene</i></b>
2.00 – 3.00pm	Liz Hart <b><i>EFT</i></b>
3.00 – 3.15pm	Afternoon tea
3.15 – 4.15pm	Sue Dykes <b><i>Mindfulness based stress reduction</i></b>
4.15 – 4.30pm	Relaxation exercise/finish