



I can't believe September is here already - I'm sure I say that every year as the summer draws to a close, the children go back to school and the mornings start to get darker. Where does the time go? As I get older (and wiser, or not!!) I appreciate that time is flying by and we have to make the most of our time here on earth. So I welcome the beautiful Fall, and will enjoy every minute.



Kind regards

**Janet
and the Janac Team
Check out [Janet's Blog](#)**

Testimonial: I must tell you that since switching from regular prosthesis to the been a boob that it has greatly improved my shoulder pain.

Peggy

August 2011

For more testimonials [click](#)

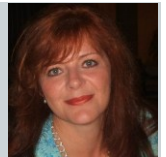
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BALANCE ONCOLOGY ESTHETICS

This week I had the opportunity of meeting Victoria Cain, the most wonderful, caring and bubbly person. She is a Certified Oncology Esthetician, the only one in Ontario. She helps people with skin issues due to cancer treatments such as chemotherapy and radiation. Her one hour treatments are absolute heaven, therapy for the skin and for the soul.

She is offering some complimentary treatments once a month and is based in Burlington, Ontario.

Check out her [website](#) and contact her for more details.



BRIGHT RUN

On Saturday September 10th I participated in a Fundraising event at the Dundas Conservation Area. We raised nearly \$300,000 for the Juravinski Cancer Centre for Breast Cancer Research. The centre is where I received my treatments, and it is my pleasure to give back to them to help in the research to rid us of this horrid disease.

A big THANK YOU to all of you who sponsored me.

Check out my photos on [Facebook](#) 



"THE 10 THINGS I LEARNED FROM PEOPLE WHO SURVIVED CANCER"

I was introduced to this website by my friend Melanie. The main article is very interesting. As I read it I realized I don't do every one of the 10, because they aren't in my personality, BUT I have changed since the cancer and I feel a lot better about myself. So read, and see if you agree with Lissa's finding
Website: [Care2](#)

Breast Cancer Mosaic

I submitted my story to the GE website [Mosaic](#) If you are interested in telling your story click the Add Story - it's as simple as that.

GE Healthcare are a huge company doing wonders in the health industry. To see their main website go to [GE Website](#)

Breast Cancer Wellness Magazine

[Click here](#) for information

Willow - Every Penny Counts

Please check out this fundraising campaign by Willow, they are a Breast Cancer Support Service and need your help.

[Every Penny Counts](#)

This newsletter is for *you* and we want to ensure *you* enjoy reading it! We welcome your feedback and if you have any comments or anything you would like to promote, please let us know. We will be happy to add it to our next newsletter. We've made getting your feedback even easier . . . click [here](#) and let us know what you think!

Sincerely,

Janet Cockburn

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