

Care Navigation Program

-MBC IN THE CARIBBEAN-

PSYCHOSOCIAL WELLBEING

- Relieving Stress Strategies
- Navigating the Health Care System
- Understanding the Body's Response to Illness and Coping
- Depression in Cancer
- Available services: how and when to access

SESSION 1
WEDNESDAY
13TH AUGUST
6PM TO 8PM

SESSION 2
FRIDAY 15TH
AUGUST
6PM TO 8PM



DR. TAMARA GREEN,

Tamara Green is a palliative care physician and psychosocial oncology consultant dedicated to supporting cancer patients and their families. A graduate of UWI Jamaica, with postgraduate studies at the University of Birmingham and Harvard, she co-chairs the Caribbean Psychosocial Oncology Steering Committee, which leads initiatives like the Creating Blue Zone Solutions for Cancer Symposium and the Wellbeing Webinar Easter Series. Currently, she is developing a regional precision nutrition therapy initiative to support families affected by cancer. Guided by her personal motto, "Happy is the man whose hope is the Lord," Tamara brings compassion and purpose to every aspect of her work.



<https://sgu.zoom.us/join/0GrSQ9yWT9CnNBLOYLKLcQ>

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