

# SEXUAL WELLNESS WORKSHOP

**SATURDAY, OCTOBER 5, 2024 | 9AM-3PM**  
13THIRTY CANCER CONNECT  
1000 ELMWOOD AVE., ROCHESTER, NY 14620

**FOR TEENS AND YOUNG ADULTS (AGE 13-39) AT ANY STAGE  
OF CANCER TREATMENT. LUNCH PROVIDED.**

**UNLIKE MANY OTHER SIDE EFFECTS OF CANCER TREATMENT,  
SEXUAL SYMPTOMS AND CONCERNS OFTEN GO UNADDRESSED.**

**JOIN US FOR A FREE, COMPREHENSIVE EXPLORATION OF SEXUAL  
WELLNESS WITH DR. PEBBLE KRANZ, THE MEDICAL DIRECTOR OF  
THE ROCHESTER CENTER FOR SEXUAL WELLNESS.**

## **TOPICS:**

- **THE SEX-ED YOU DESERVE**
- **NAVIGATING DATING AND RELATIONSHIPS**
- **UNDERSTANDING DESIRE, AROUSAL & ORGANSM**
- **MANAGING SEXUAL PAIN**
- **FOSTERING BODY APPRECIATION SKILLS**

**THIS WORKSHOP IS  
POSSIBLE WITH  
SUPPORT FROM**



**LEUKEMIA &  
LYMPHOMA  
SOCIETY®**

**Space is limited! Please RSVP to Clare McKenna:**  
clare@13thirty.org | (585) 563-6221 | 13thirty.org

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