



Creating a Terrarium of Your Own

8 AM PT/10 AM CT/ 11 AM ET

Materials

A terrarium container (old glass jars or a fishbowl work great)

Gravel

Moss

Air Plant

Crepe paper

Glue

Reminders

1. Make sure your plant can get enough air! If you are using an old jar, do not put the lid on.
2. To care for your provided airplant, give it a thorough rinsing under running water or let it soak in a bath of water for 20-30 minutes. If your plant needs an in-between watering, misting them with a spray bottle is a great method. Check out [Additional Care Instructions for more info](#)
3. Tag Cactus Cancer Society on social and use #LetsMakeStuff so we can see your terrarium!



Using Fashion to Meet You Where You Are

9 AM PT/11 AM CT/ 12 PM ET

Panelists

Anna Crollman

Brandie Langer

Jeannie Karwoski

Allison Rosen

Bryan C. Walker

Suggested Questions

These questions are just suggestions - be sure to add your own in the Q & A!

- *I am going to remain flat after my mastectomy. Do you have any suggestions for clothing companies?*
- *My body has changed so much post-treatment. How do I start to buy clothes I feel good wearing?*
- *I have scars I want to cover up. How can I do that without being obvious?*
- *Styling hair while it grows back is a pain. Any tips?*



Finding Your Confidence

11 AM PT/1 PM CT/ 2 PM ET

Julie Larson, LCSW

Helpful Links



Check out Julie's website!



Check out Julie's TEDx Talk !



Sun, Skincare, and Some TLC

12 PM PT/2 PM CT/ 3 PM ET

Products

- Bioderma Atoderm Cleansing Oil
- Bioderma Atoderm Intensive Balm
- Bioderma Sensibio H2O
- CeraVe Daily Moisturizing Lotion
- Anthelios Melt-In Milk Sunscreen For Face & Body SPF 100

Helpful Links

- [Feel More Like You](#)
- [Find a beauty consultant at a participating store](#)
- [Get Help Managing Side Effects](#)
- [FMLY podcast](#)

Thank you so much for joining us!

This doesn't have to be goodbye!

Sign up for our [mailing list](#)!

Visit our website to learn about our [upcoming programs](#)!

Check out our [blog](#)!

Connect with us
on social!



@CactusCancer



@CactusCancer



@CactusCancerSoc



CACTUS
CANCER SOCIETY
formerly Lacuna Loft