



**University  
HOSPITAL**

Newark, NJ

# Breaking the Silence and Building the Circle: Understanding and Thriving Beyond Breast Cancer

*A Virtual Community Conversation for Women, Families & Friends*

Who Should Attend: Women, families, caregivers, advocates, and community members who want to learn, share, and support.

**Thursday, October 16, 2025 – 6PM-7:30PM**

## Panelists

**Moderator: Valencia Maponya**

Manager, Mobile Health



**Susan E. Pories, M.D., F.A.C.S.**

*Surgical Oncologist, University Hospital Newark*

*Professor in the Department of Surgery*

*Rutgers New Jersey Medical School*



**Maria Benjamin, MD, MPH**

*Breast Surgical Oncologist, University Hospital Newark*

*Assistant Professor of Surgery,*

*Rutgers New Jersey Medical School*



**T. Salewa Oseni, MD, MPH, FACS**

*Surgical Oncologist, University Hospital Newark*

*Associate Professor, Rutgers New Jersey Medical School*

*Director of Multicultural Affairs, New Jersey Medical School*



**Anupama Nehra, MD**

*Clinical Director, Hematology/Oncology,*

*Rutgers Cancer Institute*

*at University Hospital*



**Sonam Patel, APN**

*Surgical Oncology Nurse Practitioner*

*Survivorship Coordinator*



Cost: Free | Registration Required  
Scan here to register or click the link [here](#)

## About the Session

Join us for an empowering, interactive virtual session that opens honest conversations about breast cancer—what it is, why early detection matters, and how women can move beyond fear, stigma, and misinformation to take charge of their health.

You'll also learn how to thrive through and beyond a diagnosis by building your personal "circle of care" with family, friends, healthcare providers, and community resources.

## What You'll Learn

- The importance of early detection and life-saving screenings
- Myths vs. facts about breast cancer
- Understanding personal and family risk factors
- Caring for your emotional and mental well-being
- Building your circle of care for lasting support

*Together, let's replace silence with support, fear with facts, and isolation with community.*