

POST TOP SURGERY SELF CARE WORKSHOP

P r e s e n t e d b y
T h e O U T F o u n d a t i o n



ATTENDEE RESOURCE PACKET

Created by The OUT Foundation, in
collaboration with health and wellness
professionals.

Brooklyn Strength

Callen-Lorde

Alexes Hazen, MD

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health / wellness / access / community

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Fascia Release™

WELCOME

"Thank you for joining us, we hope we create a safe space for you to learn, ask questions and gain a greater community. Wherever you are in your surgery process, we celebrate you and we are here for you."

EDDIE PLATA

EXECUTIVE DIRECTOR
THE OUT FOUNDATION

COLLABORATORS

About Us



Private sessions and group classes are designed to connect you to your body and thus to yourself. Monthly workshops deepen the links from body to mind and mind to body. You become strong because you stay consistent. You stay consistent because you become part of a community.



Alexes Hazen MD, FACS is a New York City based aesthetic and reconstructive surgeon. She specializes in breast surgery, facial reconstruction, face transplant, transgender surgery, and aesthetic surgery including fat grafting and non-invasive techniques.



Callen-Lorde Community Health Center provides sensitive, quality health care and related services targeted to New York's lesbian, gay, bisexual, and transgender communities — in all their diversity — regardless of ability to pay. To further this mission, Callen-Lorde promotes health education and wellness, and advocates for LGBTQ health issues.



The OUT Foundation's mission is to remove the barriers that block LGBTQ+ individuals' access and participation in health and wellness, ensuring their success. Dedicated to nurturing, empowering, and celebrating LGBTQ+ bodies and minds, guaranteeing our community thrives.

WANT MORE INFORMATION?

Please email us at outhealth@iamout.org
and send us your questions or comments.



MINDFULNESS

Self Compassion
Guided Meditations and Exercises

[CLICK HERE](#)

WHAT IS SELF-COMPASSION?



Mindfulness

Self-compassion involves recognising when we're stressed or struggling without being judgmental or over-reacting.



Self-Kindness

Being supportive and understanding towards ourselves when we're having a hard time, rather than being harshly self-critical.



Connectedness

Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!



“Allowing yourself to reflect, will help further your mindfulness experience.”



TOP SURGERY & SELF CARE RESOURCES

Handouts:

[Top Surgery Consult Guide](#)

[Callen-Lorde Top Surgeon Referrals List](#)

[Callen-Lorde Top Surgery Resources](#)

Self Care:

[Resources for Practicing Self-Care Right Now](#)

[21 Self-Care Resources To Help You Heal And Survive](#)

[Self Care Day](#)

4 WAYS TO IMPROVE YOUR WELLNESS

1. Seek mental health support
2. Adopt a healthy lifestyle
3. Keep a positive body image
4. Know your rights

To see other ways from LGBT HealthLink,
including direct links, please

[CLICK HERE](#)

LGBTQ+ COMMUNITY CENTER LOCATOR



GET CONNECTED TODAY

During the pandemic, please call the
center directly to get location hours.

[CLICK HERE](#)

Fascia Release™ Sessions



Welcome!

The OUT Foundation members receive 15% off their first session with code OUT15!
Medicaid patients please email us for sliding scale options.

All classes and private sessions are virtual via Zoom until further notice.

Private Sessions

- Intro 3-pack—60 minute sessions: \$360
- Intro 3-pack—30 minute sessions : \$250
- Single 60 minute session : \$150
- Single 30 minute session : \$85

Weekly Classes

- Single class prices vary
- 3 Class Pack \$60

Weekly classes including Fascia Release™ and Pilates For All.

Monthly Workshops - check website and IG for details and updates.



brooklynstrength.com
IG @brooklynstrength
Podcast @busybodypodcast
info@brooklynstrength.com

Scan for class
schedule!

