

# Toby Jenkins hosts breast cancer awareness seminar

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It was an engaging and informative evening for many Penn State students as Toby Jenkins hosted a breast cancer awareness and health nutrition seminar on Wednesday at the Freeman Auditorium in the HUB-Robeson Center.

Her introduction of the seminar began with a big, loud “ I love boobies,” and she made the crowd of over one hundred girls repeat it after her.

Jenkins is a assistant professor at Georgia Southern University and her work focuses on utility of culture . She spent many years working in cultural education and she worked for the Paul Robeson Cultural Center for five years.

She spoke about leadership and how people are taught what qualities relate to leadership, such as constancy, organization, responsibility and determinaton.

She emphasized how people don’t think of health when they think of leadership.

“We can’t change the world without creating healthy lives,” Jenkins said.

In college, Jenkins was involved with many extracurricular activites, such as being a resident assistant, student government member, concert chair organizer, event planner and earned a 3.8 GPA. She described herself as an over achiever.

Jenkins was diagnosed with Lupus and then breast cancer in the same year when she was 28 years old.

She gave herself a self exam to check for any lumps and she felt something as hard as a rock, Jenkins said.

Ultimately, she said she decided to get both breasts removed and went through seven rounds of chemotherapy.

From her experience, Jenkins said she wanted to understand what caused the illnesses. She did her research on nurtriton and causes of illnesses.

After Jenkins shared her story, she spoke and demonstrated what foods college students should eat on a



## I Love My Boobies!

Dr. Toby Jenkins discusses Xylie Parker's (freshman-biobehavioral health) and students' diets in general during the I Love My Boobies! event in the Freeman Auditorium on Wednesday, Oct. 7, 2015.

daily basis.

She suggested that students should take care of themselves from a young age so that they wouldn't be at risk of any diseases.

As the seminar continued, she began to interact with the crowd by calling up a girl to the stage to watch Jenkins make a strawberry banana and coconut milk yogurt smoothie.

The guest from the crowd wasn't able to drink the smoothie because it spilled from the blender.

She had an exercise portion of the seminar that involved four students who got on the stage and performed three sets of exercises.

Jenkins had the girls do five sit ups, run in place for 10 seconds and do 15 jumping jacks.

Jenkins ended her seminar by having the large crowd stand up and shout "I choose me."

The purpose of the seminar was to energize and share with college students about their wellness, Jenkins said.

Rachel Vonarx (sophomore-nutrition) was one of the girls who did the set of exercises in front of the crowd of girls.

"I liked how the exercise part encouraged people to get moving, and I also liked how the presentation showed how many people can go through an illness experience in a positive way," Vonarx said.

Ali Cohen( sophomore-elementary education) said she enjoyed Jenkins' seminar.

"It's very important to remember that skinny isn't healthy and to eat right," Cohen said. "She noticed that people always look at the calories and not what they're putting in their bodies. It's important to eat right,"

Jenkins will head to California to speak at two more universities on the west coast.

"I'm trying to get to many colleges as best as I can to impact wellness and leadership," Jenkins said.