



# JOIN ST. MARY'S DURING OCTOBER'S BREAST HEALTH AWARENESS MONTH

At St. Mary's, we believe in caring for the whole person – body, mind, and spirit. As a woman, you know how important it is to keep your good health – for yourself, for your family. That's why we've arranged multiple events this October to raise awareness for one of the deadliest diseases among women, breast cancer. Some of the events are fun, others serious, all will be informative. We hope you'll join us.



**Saturday 2**

**8:30 am – MOTHER/DAUGHTER BREAKFAST**

Muffins and coffee

Bring a new pair of pink socks to swap – RSVP at 777-4445 by September 29

**10:00 am – BELLY DANCING FUNDRAISER**

Watch Imari and the Sahara Desert Dancers (Money raised by dancers benefits St. Mary's Breast Health Program)

Join in the fun and learn a couple of "hip" moves.

**Both at Lepage Conference Center - 99 Campus Avenue, Lewiston**

**Thursday 7**

**2:00 pm – 4:00 pm – COOKIE SWAP**

Bring a dozen of your favorite cookies (in baggies with three cookies per baggie) and four copies of the recipe.

Take a dozen cookies home along with the recipe.

We'll have some other surprises as well!

**Bank of America Room, Women's Health Pavilion  
330 Campus Avenue - Lewiston**



**FACT:**

One in eight women in the US will be diagnosed with breast cancer in her lifetime.

**FACT:**

Mammography is the most reliable way to detect breast cancer.

**Tuesday 12**

**5:00 pm - LUMINARIES**

*Luminary bags are available right now at*

*St. Mary's Breast Health Program, St. Mary's Women's Health Associates, Center for Cancer and Blood Disorders, and the Gift Shop.*

Pick one up and write the name of a loved one who has died from breast cancer or the name of a survivor to recognize their courage (the bags are free, but donations are welcome).

The luminaries will light up Sabattus Street in front of the hospital and around the "Pink Tulip" garden. There will be a short prayer followed by a reading of all the names on the luminaries.



**Friday 15**

**8:00 am – 3:00 pm  
WOMEN'S HEALTH  
SCREENING DAY**

Free or reduced cost mammograms and pap smears.

**Call Cathy Black for more information  
or to schedule an appointment 777-4445**



**FACT:**

To reduce your risk for breast cancer:

- Exercise - Reduce your alcohol intake
- Stop smoking
- Eat more fresh fruits and vegetables
- Do monthly self breast exams, schedule annual physicals, and have mammograms yearly



**Friday 22**

**ALL DAY  
WEAR PINK  
TO WORK**

Wear pink on this day to raise awareness for breast cancer.



**Thursday 28**

**5:30 pm – 7:00 pm – CELEBRATE HEALTH**

Mahesh Pandey, MD from St. Mary's Center for Cancer and Blood Disorders will provide an overview of breast cancer, and talk about the latest breakthroughs in research and treatments for breast cancer. A question and answer session will follow. Light refreshments will be served.

**Lepage Large Conference Center, 99 Campus Avenue, Lewiston  
Call 753-5467 to reserve your seat!**



**FACT:**

There are about 2.5 million breast cancer survivors in the US today.

**FACT:**

Early detection and treatment are keys to breast cancer survival.

**FACT:**

1 % of men are diagnosed with breast cancer.

**ST. MARY'S**  
REGIONAL MEDICAL CENTER

*Caring for the Whole Person  
Body, Mind, and Spirit*