






OCTOBER 2009

Breast Cancer Awareness Month With Trinitas!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 <i>Schedule your annual mammogram ! (908) 994-5984</i>	2 <i>Wear pink in honor of breast cancer awareness month!</i>	3 
4 	5 <i>FACT: routine mammograms help detect breast cancer early.</i>	6 <i>Research your family history of breast cancer !</i>	7 <i>Nursing Updates in Breast Cancer Event 6pm Cancer Center (RNs only)*</i>	8 <i>FACT: breast self exams help detect breast cancer early.</i>	9 <i>Wear pink in honor of breast cancer awareness month!</i>	10 
11 	12 <i>Learn how to perform a self breast exam! Visit www.cancer.org</i>	13 <i>Join us at Breast Health & You program YMHA Union County*</i>	14 <i>Get involved in an Avon Walk for Breast Cancer. Visit www.avonwalk.org</i>	15 <i>Join in the fight against breast cancer! Visit www.komen.org</i>	16 <i>National Mammography Day!</i> <i>Have you scheduled your mammography yet? (908) 994-5984</i>	17 
18 	19 <i>Physician Updates in Breast Cancer Event 6pm Cancer Center (MDs only)*</i>	20 <i>FACT: breast cancer is the most common cancer in women.</i>	21 <i>Learn more about breast cancer! Visit www.cancer.org</i>	22 <i>Join us at Breast Health & You program. Solar Do Minho*</i>	23 <i>Wear pink in honor of breast cancer awareness month!</i>	24 
25 	26 <i>FACT: although rare, men can also get breast cancer.</i>	27 <i>Breast Health & You program Trinitas Medical Center*</i>	28 <i>Read stories of young cancer survivors at youngsurvival.org</i>	29 <i>FACT: long term hormone replacement therapy may increase risk of breast cancer.</i>	30 <i>Free Breast Screenings at Trinitas! (908) 994-8244</i>	31 

*Register to attend our events by calling (908) 994-8939