



Press Release

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Free Washington Women's Center "Think Pink" Health Fair Offers an Evening of Education, Lectures and Fun

Fremont, Calif. – In recognition of Breast Cancer Awareness Month in October, Washington Women's Center is hosting "Think Pink Event: Breast Health – Navigating Uncertain Waters," which will take place on Thursday, October 14, from 5 to 7:30 p.m. under the tent atrium at Washington West, located at 2500 Mowry Ave. in Fremont, in the parking lot adjacent to Civic Center Road.

"Think Pink is a free event that offers women the latest information on breast care and other tips for leading a healthier life," says Kathy Hesser, R.N., coordinator of the Washington Women's Center. "If you are a breast cancer survivor, consider Think Pink a celebration of life. Come and network with other women and learn how to stay healthy."

During the free event, Washington Hospital medical staff and clinicians will present lectures on how to prevent breast cancer, nutritious foods for breast health and provide an overview of the Washington Women's Center Breast Health Program.

In addition to getting out the message about breast cancer prevention, Think Pink is designed to be a celebration where women can come together and enjoy a fun evening with activities like free five-minute massages, yoga demonstrations and raffle prizes. Those who wear pink will be entered into the drawing. Attendees will also be invited to decorate pink ribbons.

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There will be a number of booths with information and resources that can help women make healthy choices and reduce their chances of getting breast cancer. Several local health organizations will also be on hand to answer questions and offer services, including the American Cancer Society and the Tri-City Health Center, which partners with Washington Hospital to make sure women without health insurance have access to mammograms.

To register, for the Think Pink Event, visit www.whhs.com or call (800) 963-7070 to register.

Washington Township Health Care District is governed by an elected board of directors. Unlike a municipal or county hospital, Washington Hospital's operating expenses, research, community programs, and employee salaries are funded by revenues generated through providing patient and other health care services. Washington Hospital Healthcare System includes a 359-bed acute-care hospital; the Taylor McAdam Bell Neuroscience Institute; The Gamma Knife[®] Center; Washington Radiation Oncology Center; Washington Outpatient Surgery Center; Washington Outpatient Rehabilitation Center; Washington Outpatient Catheterization Laboratory; Washington Center for Joint Replacement; the Institute for Minimally Invasive and Robotic Surgery; and Washington West, a complex which houses Washington Women's Center, Outpatient Imaging Center and additional outpatient hospital services and administrative facilities.

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(For more information, please contact Christopher Brown, director of Community Relations, Washington Hospital Healthcare System, (510) 791-3417.)