

OCTOBER IS BREAST CANCER AWARENESS MONTH

Wear pink and join us for an evening of education, lectures and fun!

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Quilting Together a Healthy Life



Thursday, October 13
5 to 7:30 p.m.
Tent Atrium
Washington West
2500 Mowry Avenue
Fremont

*(Light refreshments
will be served.)*



Breast Health Education and Interactive Booths **5 to 6 p.m.**

- Information on Washington's Community Mammogram Program
- Discuss Current Mammogram Guidelines — A radiologist and surgeon will be available to answer your questions
- Breast Health Awareness — Learn about risk assessment for breast cancer
- Enjoy a free 5 minute massage from our Women's Center massage therapist staff
- Take part in a gentle yoga demonstration conducted by a certified yoga instructor
- Talk to a clinical registered dietitian
- Free bone density screenings
- Other breast health resources
- Raffle prizes



Featured Seminars **6 to 7:30 p.m.**

Update: Washington Women's Center and Breast Health Support

William E. Dugoni Jr., M.D., Surgeon
 Medical Director, Washington Women's Center
 Washington Hospital Medical Staff

Oncoplastic Breast Surgery —

New Techniques for Better Outcomes
 Andrea French, M.D., Surgeon
 Washington Hospital Medical Staff

California Breast Cancer Research Program

Marion H. E. Kavanaugh-Lynch M.D., M.P.H.
 Director, California Breast Cancer Research Program

Register online
 at www.whhs.com or
 call (800) 963-7070
 For more information,
 visit [www.whhs.com/
 womenscenter](http://www.whhs.com/womenscenter)



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 Investing in the health of the community.