

BECAUSE
YOUR
HEALTH
MATTERS!

Nanticoke Health Services
wants you to know that
when it comes to
breast health:

- Early detection is important!
- All women should do regular self breast examinations!
- Women over the age of 40 need to schedule regular mammograms!

Know the facts,
and take charge of your
own breast health!

Please join us at one or all of these
events, and do your part to help
increase awareness about the
importance of breast health.



National Breast Cancer Awareness Month

October 2014

For more information on any of
these events, call 302-536-5386

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
If you need help getting a mammogram scheduled, call 302-629-6611 extension 3765			1	2	3	4
5	6 Pink Ribbon Breast Cancer Awareness Walk <i>Begins Outside Cancer Care Center</i>	7	8	9	10 Pink Ribbon Survivor's Tea <i>1:30 p.m. Seaford Library, Woodruff Room</i>	11
12	13	14	15	16	17 National Mammography Day	18
19 Making Strides Against Breast Cancer <i>9:00 a.m. Del Tech Owens Campus, Georgetown</i>	20	21	22	23 EAC GO PINK Bake Sale <i>NMH Food Court</i>	24	25
26	27	28	29	30	31	



GO PINK! Wear pink every Friday in October to raise awareness!

National Breast Cancer Awareness Month

October Event Highlights

~ Pink Ribbon Breast Cancer Awareness Walk at Nanticoke

October 6th about 7:30 p.m.

This short three-block walk begins at the Nanticoke Cancer Care Center (adjacent to Nanticoke Memorial Hospital) and ends at Gateway Park. A ceremony at the park will include two featured speakers, Milinda Bellomy and Christine Wands. This walk is highlighted by pink lights that “Turn Sussex Pink” for Breast Cancer Awareness.

For more information, call 302-629-6611 x3765.

~ Breast Cancer Survivors’ Tea

October 10th—RSVP Required

On Friday, October 10, 2014 at 1:30 pm, breast cancer survivors are invited to attend an afternoon of fellowship and celebration being put on by Nanticoke Health Services. Light refreshments will be served. This celebration will be held in the Woodruff Room at the Seaford Library, 600 N. Market St., Seaford.

Seating is limited, so please RSVP.

To register and for more information, call 302-629-6611 x2577.

~ American Cancer Society: Making Strides Against Breast Cancer —Sussex Walk & 5k Run

October 19th; Registration at 7:00 am, Run at 8:30 am, Walk at 9:00 am

Be a part of Nanticoke’s walk team during the American Cancer Society’s Making Strides Against Breast Cancer Sussex County Walk on Sunday, October 19th. **For more information or to join the team, call 629-6611 x2372.**

Other Activities:

~ **Nanticoke Goes Pink Every Friday**—Wear Pink Every Friday in October

~ **Bling the Bra “Support” Breast Cancer Awareness Month** — This project raises awareness for Breast Cancer while raising money to help pay for mammography screenings for women in Western Sussex County who are uninsured, underinsured, or unable to meet co-payment requirements. Money raised will go to the Susan G. Komen Fund which supplies grant funding to our community through our Cancer Center.

For information contact 302-629-6611, extension 2372.