

Community Events

Bingocize

Join us for this exciting series that combines the game of bingo, exercise, and health education! Have fun twice a week by playing bingo and improving your strength, gait, balance and range of motion.

Date: Monday, October 6

Wednesdays, October 1 and 8

Time: 1:00 pm - 2:00 pm

Location: CH/OR Event Room, 1990 Concord Ave, Chico, CA

Health Series Luncheon

Come join us for our October Health Series Luncheon! Enjoy a monthly health education presentation, participate in a craft, and a light lunch!

Date: Thursday, October 9

Time: 12:00 pm - 2:00pm

Location: CH/OR Event Room, 1990 Concord Ave, Chico, CA

Light Weight Training

Join us for a fun and calming movement class! This class focuses on enhancing flexibility, balance, and strength through gentle yet effective exercises.

Date: Thursdays, October 16, 23, and 30

Time: 2:00 pm - 3:00 pm

Location: CH/OR Event Room, 1990 Concord Ave, Chico, CA

Mammo Day

Join us in raising awareness about the importance of early breast cancer detection. Give us a call to book your appointment for this screening event.

Date: Tuesday, October 21

Time: Mammograms held from 1:00 pm - 4:00 pm

Luncheon held from 12:00 pm - 4:00 pm

Location: Mammograms held at HALO Breast Care Center
1720 Esplanade, Chico, CA 95926

Luncheon held at the Meriam Park (Concord) clinic
Conference Room, 1990 Concord Ave, Chico, CA



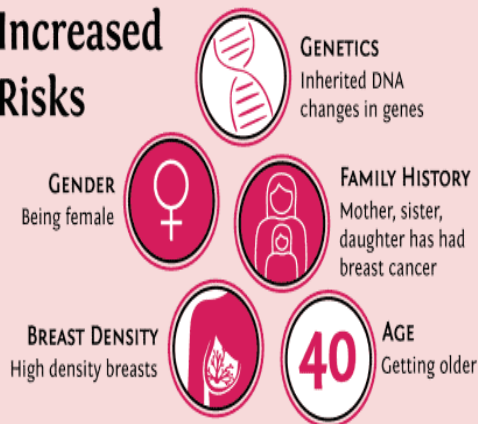
Northern Valley Indian Health

Indigenous Pink

▶▶▶▶▶ Breast Health

1 in 8 
women will get breast cancer in their lifetime

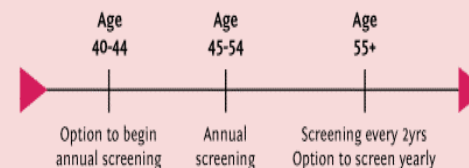
Increased Risks



CONTACT YOUR HEALTH CARE PROVIDER IF YOU HAVE ONE OR MORE OF THESE RISKS

Breast cancer usually has no symptoms when the tumor is small and most treatable.

Screening Guidelines/Recommendations



Breast cancer is the 2nd leading cause of cancer death for American Indian women.
A mammogram may save your life.

What can I do?



Talk to your health care provider about when screening is best for you.

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NVIH.org/Community-Health-and-Outreach

Chico: (530) 899-5156 | Willows: (530) 934-5431 | Woodland: (530) 207-5483