

# Community Events

## Health Series Luncheon

Come and join us for our Health Series Luncheon. Enjoy a monthly health education presentation, participate in a fun and exciting craft, and have some lunch!

**Date:** Thursday, October 14

**Time:** 12:00 pm - 2:00 pm

**Location:** CH/OR Kitchen/Events room, Gibson Clinic

## 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 28

**Time:** 1pm – 5pm

**Location:** Mammograms held at 632 W. Gibson Rd., Woodland, CA 95695

## Prime Time Health

Join us for a 4-part series over 5 weeks to Focus on the four pillars of health: Lifestyle, Exercise, Attitude, and Nutrition.

**Date:** Thursdays, October 2, 9 & 16

**Time:** 10:00 am - 12:00 pm

**Location:** Gibson Clinic 1280 E, Gibson Rd. Woodland.  
In the CH/OR Kitchen

## Movement Class

Join us for a fun and calming movement class for older adults! This class focuses on improving flexibility, balance, and strength through simple, gentle exercises.

**Date:** Fridays, October 3, 10, 17, 24, & 31

**Time:** 10:30am – 11:30am

**Location:** CH/OR Kitchen/Events room, Gibson Clinic



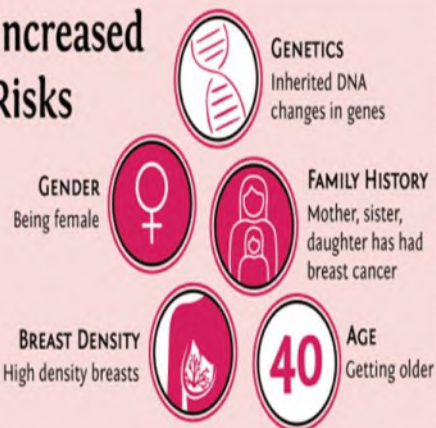
Northern Valley Indian Health

## Indigenous Pink

### ▶▶▶▶▶ Breast Health

1 in 8   
women will get breast cancer in their lifetime

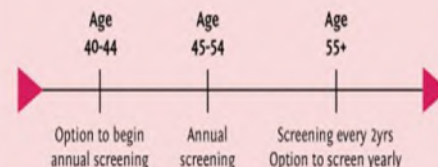
### Increased Risks



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?

**BREASTFEED**  
Breastfeeding reduces estrogen exposure that helps prevent breast cancer



**WEIGHT CONTROL**  
Overweight or obese women are at a higher risk



**EXERCISE**  
Exercising 3 days/week may lower your risk



**REGULAR MAMMOGRAMS**  
Women 40+ should have the option to have a mammogram once a year



**LIMIT ALCOHOL USE**  
Alcohol can increase estrogen which can increase risk

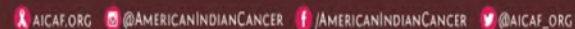


**REGULAR BREAST EXAMS**  
Speak to your health care provider for options



American Indian Cancer Foundation.

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

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[NVIH.org/Community-Health-and-Outreach](http://NVIH.org/Community-Health-and-Outreach)

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