

# Community Events

## Health Series Luncheon

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

**Date:** Tuesday, Oct 7<sup>th</sup>

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

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

**Date:** Thursday, Oct 9<sup>th</sup>

**Time:** 11:00 am – 1:00 pm

**Location:** Grindstone Tribal Office, Grindstone Rancheria

## 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:

Location:

## Mobile Medical Clinic

Our mobile medical clinic will be parked at the Tribal Office on Thursdays from 9:00 am to 3:00 pm, available for patient appointments



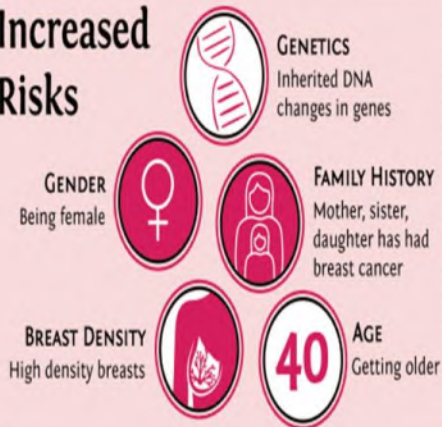
Northern Valley Indian Health

## Indigenous Pink

### ▶▶▶▶▶ Breast Health

**1 in 8**   
women will get breast cancer in their lifetime

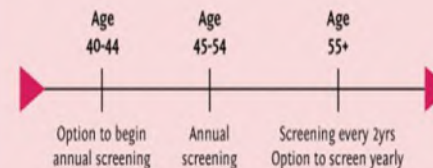
### Increased Risks



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

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