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WHAT'S UP
 Click on 'Arts' page, then 'What's Up This Week' button

Pink in the Park

Sunday, Oct. 11, 10:00 a.m.

Relax, meditate, exercise...

and support local breast cancer awareness and research!

Inner Dance Yoga Center hosts:

Pink in the Park, a free yoga charity event that provides a way for individuals to join the community in supporting women affected by breast cancer while experiencing the healing benefits of yoga. Join friends and family members at the Paw Paw shelter in Hills and Dales park for an energizing and inspiring yoga class accompanied by live music. 100% of the proceeds will go to Making Strides Against Breast Cancer.

www.innerdanceyoga.com

937-609-YOGA (9642)



NCR Country Club Third Annual Sip and Shop

October 21, 2009

6:00p.m. to 9:00p.m.

Come indulge in the finest merchandise from area vendors.

Complimentary hors d'oeuvres

Cash bar.

Proceeds from the vendor rental space
go to

Making Strides Against Breast Cancer

Call today for
reservations!
937-299-3571

Specialty Gifts
Handbags
Jewelry
Candles
Artwork
Skin Care
Products
Christmas Gifts
And much more!



NCR Country Club welcomes the public for
your private events and catering!

Early detection key to breast cancer recovery



Almost 1.5 million people in the United States will be diagnosed with cancer in 2009. For American women, breast cancer is the second leading cause of cancer deaths.

The National Cancer Institute urges women 40 and older to have a mammogram every one to two years. Women younger than 40, but with risk factors for breast cancer, should ask their health care provider when they should have a mammogram and how often.

A clinical breast exam (CBE) is an examination by a doctor or nurse using his or her hands to feel for lumps or other changes.

The American Cancer Society recommends women in their 20s and 30s get a CBE as part of their regular physical exam at least once every three years and shortly before having a mammogram, but a mammogram can be completed without having had a CBE.

A mammogram is an X-ray of the breast that can detect lumps up to two years before they can be felt. When breast cancer is caught early, before it can be felt or cause symptoms, it is also easier to treat. While mammograms can miss some cancers, they are still a very good way to find breast cancer.



We care. It's that simple.

• Assisting Women on Their Breast Cancer Journey •

- Breast Prosthesis for all breast surgeries: Lumpectomy, Mastectomy & Reconstructive
- Skincare products specifically formulated for patients undergoing cancer treatment
- Post-surgical and pocketed bras
- Camisoles, sleepwear **and much more!**

Hours by Appointment with our Certified Fitters: M, W & F, 9 am - 4:30 pm

Or call us, and we can coordinate a time to accommodate your schedule

500 Lincoln Park Blvd. #203 • Kettering, Ohio 45429 • (937) 297.0076

www.beautifulme.biz

Purchase A Necklace, Bracelet, Or Ring

For A Beautiful Cause...

In some way, every woman is touched by breast cancer.

This October, during 'Breast Cancer Awareness Month', celebrate womens' unique sisterhood, with a BCA necklace, bracelet, or ring.

We are proud to offer this special line that is a fundraiser to benefit breast cancer education, research, screening and treatment.



Unique Magnetic Clasp

And,
a beautiful portion of each sale
will go to our local Susan G. Komen
for the Cure® Affiliate...



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www.jaffejewelry.com