

OCTOBER IS BREAST HEALTH AWARENESS MONTH

Take advantage of these free offerings to learn more about breast health, disease prevention, local screening opportunities and more!



Brake for Breakfast

Tuesday, October 3: 7am-9am

Drive through and treat yourself to a free, convenient breakfast grab-n-go bag filled with goodies and life-saving breast health information!

THREE LOCATIONS!

Homer: Alaska Islands and Ocean parking lot

Host: South Peninsula Obstetrics & Gynecology

Fritz Creek: Fritz Creek General Store parking lot

Host: Kachemak Bay Family Planning Clinic

Anchor Point: NTC Health Clinic Parking lot
33880 Sterling Highway

Host: NTC Health Center

Wellness Wednesday

Wednesday October 11: 5-7pm

Kachemak Bay Campus

Join the West Wing midwives to discuss breast health, importance of self-exams and more. Enjoy a casual meal, tea, and 30 minute presentation followed by a one-hour yoga class. Come to some or all, for free!

Mammos & Mocktails: Open House at SPH Imaging Department

Thursday, October 19: 4:30 – 6:30pm

Tour the department, meet the providers, ask questions and check out the 3D mammography unit! Enjoy mocktails, chair massage, door prizes, snacks and more!

First Friday Fundraiser

Friday, October 6: 5-7pm

Grace Ridge Brewing

Silent auction to raise funds for the mobile mammography bus to visit the southern Kenai Peninsula.

Breast Health Panel Discussion

Tuesday, October 24: 6-7:30pm

Kachemak Bay Campus

Join panelists Dr. Robin Holmes (KBFPC), Dr. Edson Knapp (SPH Radiology Dept), Dr. Sherry Johnson (Far North Surgery), and Kim Donich (local breast cancer survivor) to learn more about screening guidelines, personalized care, mammo myths, how to navigate abnormal results, current surgical options, and more. Enjoy refreshments and door prizes.

National Midwifery Week

October 2-8

Check for updates at www.sphosp.org

