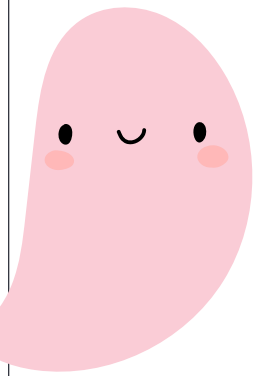









BREAST CANCER AWARENESS MONTH



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Compared to women who don't drink at all, women who have three alcoholic drinks per week have a 15% higher risk of breast cancer.  It is estimated that the risk of breast cancer goes up another 10% for each additional drink women regularly have each day.	2 Be a positive role model for those you love.  Get a free mammogram through Sage.	3 Girls Night Out at The Shoppes Benefiting Hope Chest Arbor Lakes Maple Grove, MN 4 – 7 PM	4 *Park Nicollet Mammo a-go-go St. Mary's Health Clinic 8:30 AM – 3:30 PM	5 Breast Cancer Education Association Conference Wilder Foundation St. Paul, MN 8 AM – 3 PM  BCEA and Randy Shaver Foundation Health Fair and Sage screening at Lower Sioux  Do it for the Girls Walk Hopkins, MN 9 AM – 12 PM  Shoulak BreastFest 2024: Stand by Me Corcoran, MN 12 – 7 PM
6	7 TerraLoco \$5.5k Fundraiser Rochester, MN 5:45 – 7 PM  Mayo Clinic Breast Cancer Support Group virtual meeting 7 – 8 PM	8 *Park Nicollet Mammo a-go-go Hmongtown Marketplace 10 AM – 5 PM  Dragon Divas OctoberFest St. Paul, MN 5 – 8:30 PM	9 ACS and Kohl's Healthy Families Webinar  "One takeaway I hope I give you today is PLEASE TAKE CARE OF YOURSELVES for your family's sake. Get your yearly stuff done...it is life or death."  Amy, Minnesota breast cancer survivor	10 Breast cancer impacts some communities more than others in Minnesota.  Check out our new MDH Breast Cancer Screening Dashboard to find out how social determinants of health impact breast cancer diagnoses and screening rates: <a href="http://www.health.mn.gov/data/mcfs/brcanreport.html">www.health.mn.gov/data/mcfs/brcanreport.html</a>	11 Learn more about what the Minnesota Cancer Alliance is doing to advance cancer outcomes in Minnesota by joining a committee or following them on social media.	12 Pink Wave Benefiting Hope Chest Spring Park, MN 2 – 7 PM  *Park Nicollet Mammo a-go-go Greater Mount Vernon Baptist Church 10 AM – 1 PM and True Foundation Church 2:30 – 5 PM  ACS Breast Cancer Walk Making Strides of the Twin Cities 7 AM
13 	14 Mayo Clinic Breast Cancer Support Group virtual meeting 7 – 8 PM	15 Consuming alcohol can raise estrogen levels in the body, which is associated with certain types of breast cancer.  Avoiding or cutting back on alcohol is an important way for many women to lower their risk of breast cancer. Learn more about how alcohol increases your risk of breast cancer at <a href="http://cancer.org">cancer.org</a> .	16 Burgers for Boobs Plymouth and Woodbury 3 – 10 PM  Burgers for Boobs Lakeville 4 – 9 PM  Need help paying for a mammogram? Sage is here for you!	17 Celebrate the American Indian Cancer Foundation's 10th Annual Indigenous Pink Day!  	18 National Mammography Day  *Park Nicollet Mammo a-go-go Native American Community Clinic 9 AM – 4 PM	19 *Park Nicollet Mammo a-go-go St. Mary's Mexican Consulate 8:30 AM – 3:30 PM
20	21 *Sanford Mobile Mammography Screening Event Our Lady of Guadalupe Free Clinic, Worthington, MN 8 AM – 2 PM	22	23 Sage Screening Event Allina Buffalo 5 – 7:30 PM  "I do not have a family history of breast cancer and it was me. It is easy to schedule and easy to get done. Do it for yourself and for your family. Early detection is the key." Mary, Minnesota breast cancer survivor	24 *Park Nicollet Mammo a-go-go Community University Health Care Center 8:30 AM – 3:30 PM	25 Even small amounts of alcohol can increase your risk of breast cancer. Make a healthier choice this weekend by opting for a mocktail. <a href="http://Try one from Mocktail Nation">Try one from Mocktail Nation</a> .	26 Sage Screening Event Allina Faribault 8 AM – Noon  *Park Nicollet Mammo a-go-go St. Mary's Carondelet Center 9:30 AM – 4:30 PM
27 	28 Sage Screening Event Allina Hastings/Regina Hospital 5 – 8 PM  Sage Screening Event Allina New Ulm Medical Center 5 – 8 PM	29 *Park Nicollet Mammo a-go-go Cora McCorvey Center 9 AM – 4 PM	30 *Park Nicollet Mammo a-go-go Neighborhood HealthSource - Fremont 9 AM – 4 PM  Get your BOO-BIES checked! 	31 Many factors can influence your breast cancer risk. Some factors are out of your control, but you can help lower your risk of breast cancer by taking care of your health in the following ways: <ul style="list-style-type: none"><li>• Keep a healthy weight and be physically active.</li><li>• Choose not to drink alcohol, or drink alcohol in moderation.</li></ul> <a href="http://Visit CDC: Reducing Risk for Breast Cancer">Visit CDC: Reducing Risk for Breast Cancer</a> to learn more.	Check out the Sage Cancer Screening website ( <a href="https://www.health.mn.gov/diseases/cancer/sage/screening/index.html">https://www.health.mn.gov/diseases/cancer/sage/screening/index.html</a> ) for more information and to see if you qualify for free cancer screenings!  *Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information   	

# Resources

- **MDH social media:** [Facebook \(https://www.facebook.com/mnhealth\)](https://www.facebook.com/mnhealth) and [X \(https://x.com/mnhealth\)](https://x.com/mnhealth)
- **Oct. 1:** Breast cancer and alcohol facts – [Breast Cancer site \(https://www.breastcancer.org/risk/risk-factors/drinking-alcohol\)](https://www.breastcancer.org/risk/risk-factors/drinking-alcohol)
- **Oct. 2:** MDH social media post – Be a role model
- **Oct. 3:** [Girls Night Out at the Shoppes Benefiting Hope Chest \(https://hopechest.com/event/girls-night-out-at-the-shoppes/\)](https://hopechest.com/event/girls-night-out-at-the-shoppes/) – Arbor Lakes, 4 – 7 p.m.
- **Oct. 5:** [Breast Cancer Education Association \(BCEA\) Annual Conference \(https://www.simplenetix.com/e/23rd-annual-breast-cancer-education-confer-tickets-173579#description\)](https://www.simplenetix.com/e/23rd-annual-breast-cancer-education-confer-tickets-173579#description) – Wilder Foundation, 8 a.m. – 3p.m.
- **Oct. 5:** BCEA and Randy Shaver Foundation Health Fair and Sage Screening Event – Lower Sioux
- **Oct. 5:** [Do it for the Girls Walk \(https://www.eventbrite.com/e/do-it-for-the-girls-breast-cancer-awareness-walk-2024-tickets-991127648477?aff=ebdssbdestsearch\)](https://www.eventbrite.com/e/do-it-for-the-girls-breast-cancer-awareness-walk-2024-tickets-991127648477?aff=ebdssbdestsearch) – Hopkins, MN, 9 a.m. – 12 p.m.
- **Oct. 5:** [Shoulak BreastFest 2024: Stand by Me \(https://hopechest.com/event/shoulak-breastfest-music-festival/\)](https://hopechest.com/event/shoulak-breastfest-music-festival/) – Corcoran, MN, 12 – 7 p.m.
- **Oct. 5:** Park Nicollet Mammo a-go-go – [St. Mary's Health Clinic \(https://maps.app.goo.gl/NiS7fUBHVPAU7V8o8\)](https://maps.app.goo.gl/NiS7fUBHVPAU7V8o8), 8:30 a.m. – 3:30 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 7:** [TerraLoco \\$5 5k Fundraiser \(https://www.jtjmn.org/events-1/terraloco-5-5k-fundraiser\)](https://www.jtjmn.org/events-1/terraloco-5-5k-fundraiser) – Rochester, MN, 5:45 – 7 p.m.
- **Oct. 7:** [Mayo Clinic Breast Cancer Support Group virtual meeting \(https://connect.mayoclinic.org/event/breast-cancer-support-group-151/\)](https://connect.mayoclinic.org/event/breast-cancer-support-group-151/) 7 – 8 p.m.
- **Oct. 8:** Park Nicollet Mammo a-go-go – [Hmongtown Marketplace \(https://maps.app.goo.gl/7oe78moaUB3hx6kU7\)](https://maps.app.goo.gl/7oe78moaUB3hx6kU7), 10 a.m. – 5 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 8:** [Dragon Divas OctoberFest \(https://www.dragondivasmn.org/events/octoberfest\)](https://www.dragondivasmn.org/events/octoberfest) – St. Paul, MN, 5 – 8:30 p.m.
- **Oct. 9:** MDH social media post – Amy, breast cancer survivor quote
- **Oct. 9:** [ACS and Kohl's Healthy Families Webinar – Breast Density and Screening for High Risk Breast Cancer Patients \(https://us06web.zoom.us/meeting/register/tZMudeGrqzooGtXX9CaMirn6zWrmxhtFGSNL#/registration\)](https://us06web.zoom.us/meeting/register/tZMudeGrqzooGtXX9CaMirn6zWrmxhtFGSNL#/registration)
- **Oct. 11:** [Minnesota Cancer Alliance Facebook \(https://www.facebook.com/MinnesotaCancerAlliance\)](https://www.facebook.com/MinnesotaCancerAlliance)
- **Oct. 12:** [Pink Wave Benefiting Hope Chest \(https://www.facebook.com/events/1529101954369909/\)](https://www.facebook.com/events/1529101954369909/) – Spring Park, MN, 2 – 7 p.m.
- **Oct. 12:** Park Nicollet Mammo a-go-go – [Greater Mount Vernon Baptist Church \(https://maps.app.goo.gl/entuBXStsaD6XBQs9\)](https://maps.app.goo.gl/entuBXStsaD6XBQs9), 10 a.m. – 1 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 12:** Park Nicollet Mammo a-go-go – [True Foundation Church \(https://maps.app.goo.gl/kd54YTKEuLckJ2F8\)](https://maps.app.goo.gl/kd54YTKEuLckJ2F8), 2:30 – 5 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 12:** [ACS Breast Cancer Walk Making Strides of the Twin Cities \(https://secure.acsevents.org/site/STR?pg=entry&fr\\_id=108673\)](https://secure.acsevents.org/site/STR?pg=entry&fr_id=108673) – 7 a.m.
- **Oct. 14:** [Mayo Clinic Breast Cancer Support Group virtual meeting \(https://connect.mayoclinic.org/event/breast-cancer-support-group-151/\)](https://connect.mayoclinic.org/event/breast-cancer-support-group-151/) 7 – 8 p.m.
- **Oct. 16:** MDH social media post – Help paying for a mammogram
- **Oct. 16:** Burgers for Boobs at [Northern TapHouse Plymouth \(https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-plymouth/\)](https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-plymouth/) and [Woodbury \(https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-lakeville/\)](https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-lakeville/), 3 – 10 p.m. and [Northern Taproom Lakeville \(https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-lakeville/\)](https://hopechest.com/event/burgers-for-boobs-at-northern-tap-house-in-lakeville/), 4 – 9 p.m.
- **Oct. 17:** Celebrate the American Indian Cancer Foundation's 10th Annual [Indigenous Pink Day! \(https://americanindiancancer.org/\)](https://americanindiancancer.org/)
- **Oct. 18:** National Mammography Day
- **Oct. 18:** Park Nicollet Mammo a-go-go – [Native American Community Clinic \(https://maps.app.goo.gl/NtCLuyda5UT7WiWS6\)](https://maps.app.goo.gl/NtCLuyda5UT7WiWS6), 9 a.m. – 4 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 19:** Park Nicollet Mammo a-go-go – [St. Mary's Mexican Consulate \(https://maps.app.goo.gl/SfWcFGJmVuJvoFdH7\)](https://maps.app.goo.gl/SfWcFGJmVuJvoFdH7), 8:30 a.m. – 3:30 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 21:** Sanford Mobile Mammography Screening Event, [Our Lady of Guadalupe Free Clinic, Worthington, MN \(https://maps.app.goo.gl/xksgSKJop9q5yjKdA\)](https://maps.app.goo.gl/xksgSKJop9q5yjKdA), 8 a.m. – 2 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 23:** MDH social media post – Early detection is key – Mary, breast cancer survivor quote
- **Oct. 23:** Sage Screening Event at [Allina Buffalo \(https://maps.app.goo.gl/TsM6h8xMpB6jFLL9\)](https://maps.app.goo.gl/TsM6h8xMpB6jFLL9), 5 – 7:30 p.m.
- **Oct. 24:** Park Nicollet Mammo a-go-go – [Community University Health Care Center \(https://maps.app.goo.gl/aNPZhThgA2WYUmZv8\)](https://maps.app.goo.gl/aNPZhThgA2WYUmZv8), 8:30 a.m. – 3:30 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 25:** Breast cancer and alcohol facts – [Breast Cancer site \(https://www.breastcancer.org/risk/risk-factors/drinking-alcohol\)](https://www.breastcancer.org/risk/risk-factors/drinking-alcohol)
- **Oct. 26:** Sage Screening Event [Allina Faribault \(https://maps.app.goo.gl/gJuwHbKXEM8kg4bj7\)](https://maps.app.goo.gl/gJuwHbKXEM8kg4bj7), 8 a.m. – Noon
- **Oct. 26:** Park Nicollet Mammo a-go-go – [St. Mary's Carondelet Center \(https://maps.app.goo.gl/GauUBbTwKQSADTfo6\)](https://maps.app.goo.gl/GauUBbTwKQSADTfo6), 8:30 a.m. – 3:30 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 28:** Sage Screening Event [Allina Hastings/Regina Hospital \(https://maps.app.goo.gl/5QPuVBVym4Qg9PNM9\)](https://maps.app.goo.gl/5QPuVBVym4Qg9PNM9), 5 – 8 p.m.
- **Oct. 28:** Sage Screening Event [Allina New Ulm Medical Center \(https://maps.app.goo.gl/gWNGjJ5RW8jtaxNL7\)](https://maps.app.goo.gl/gWNGjJ5RW8jtaxNL7), 5 – 8 p.m.
- **Oct. 29:** Park Nicollet Mammo a-go-go – [Cora McCorvey Center \(https://maps.app.goo.gl/AXhBicZQLZsE2XTQA\)](https://maps.app.goo.gl/AXhBicZQLZsE2XTQA), 9 a.m. – 4 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 30:** Park Nicollet Mammo a-go-go – [Neighborhood HealthSource - Fremont \(https://maps.app.goo.gl/kYaiwTiLRDFC5LRu9\)](https://maps.app.goo.gl/kYaiwTiLRDFC5LRu9), 9 a.m. – 4 p.m. (Appointment availability may vary. Please call Sage at 1-888-643-2584 for more information)
- **Oct. 30:** MDH social media post - Get your boo-bies checked!