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"I help
women
understand
and
reduce
their
risk of
breast
cancer."

— Pam Kraft,
Certified Nurse Practitioner



I am **Miami
Valley
Hospital**



At Miami Valley Hospital, you'll find a comprehensive and compassionate approach to total breast care. At the Miami Valley Hospital High Risk Breast Cancer Center, you will find an emphasis on education and prevention, a commitment to early detection, and access to advanced diagnostics and treatment options. We offer specialized care for women at increased risk for breast cancer including individualized screening plans and genetic evaluations. The patient care team includes a certified nurse practitioner, certified genetic counselor, and board certified physicians. It's no wonder Miami Valley Hospital is a leader in the battle against breast cancer.

For more information on our high risk services or to
take a risk assessment, call 1-937-438-3810, or
[visit mvh.org/highrisk](http://visitmvh.org/highrisk)

The Region's Leader

 **Miami Valley Hospital South**
Premier Health Partners

CONVENIENTLY LOCATED AT I-675 AND
WILMINGTON PIKE (EXIT 7).

© Miami Valley Hospital

Breast Cancer Awareness Month

Oakwood Giving fundraiser Oct. 16

On Friday, Oct. 16 Oakwood Junior and Senior High students are being asked to donate \$1 for the privilege of wearing their favorite hat to school for the day. The money will be collected in first period classes. The proceeds will benefit a program called Heavenly Hats Foundation. Anthony Leanna,

a student from Green Bay, Wisconsin began this foundation eight years ago. It is an official 501 (c)3 non-profit organization that donates brand new hats to cancer patients of all ages nationwide. Since starting the foundation, he has been able to collect over 450,000 brand new hats for patients and hospitals

in need. Please help Oakwood Giving raise money for this great cause! For more information about Heavenly Hats visit the following website: www.heavenlyhats.com. Please contact Melinda Wargacki at the high school if you would like to make a special donation. wargacki.melinda@oakwood.k12.oh.us

'Making Strides' 5K Walk Oct. 17

In honor of Breast Cancer Awareness Month in October, the American Cancer Society will host the 10th annual Making Strides Against Breast Cancer, a non-competitive 5K walk at 10 a.m., Saturday, Oct. 17 at Fifth Third Field in downtown Dayton.

"This event unites people of all ages to help us fight breast cancer and save lives," said Dr. Ron Hale, president of the Society's Montgomery County Board. "Chances are, you

or someone close to you has been affected by breast cancer in some way, and Making Strides gives our community the opportunity to raise money for cancer research and make a difference. We're grateful to Cox Ohio Publishing and all of our sponsors for helping us to create a world with less breast cancer and more birthdays."

In 2008, Making Strides walks throughout the country resulted in more than \$60 million in donations

to the American Cancer Society. Last year's walk in Dayton generated more than \$330,000 in donations. These funds not only go to breast cancer research and support programs, but to also making mammograms accessible to all women.

Making Strides Against Breast Cancer has no registration fee and no fundraising minimum. For more information and registration, please visit www.daytondailynews.com/go/pink.

Yellow Springs Getaway for Women Oct. 17 & 18

Oct. 17 and 18 will be a weekend for women to come to Yellow Springs, Ohio and immerse themselves in a world of creativity: see art, make art, be an artist. You choose which to do! Getaways for Women in conjunction with Creative Explorations Women's Retreat will be hosting a getaway event that combines art and spa sessions to delight and nurture women of all ages.

Getaway participants will have a multitude of class options including drawing, belly dancing, collage making, expressive arts, hula hooping, and jewelry-making. A photo shoot with optional Hippie attire is offered as well as a "Literary Tea." Mini spa sessions include electromagnetic foot relaxation, paraffin

hand dips and chair or table massages with licensed massage therapists.

Other Yellow Springs events can be woven into your getaway experience. Friday evening's "Fling in the Springs" is featuring Art Stroll, live music and a wine tasting. On Saturday and Sunday local artists will open their studios for tours. In addition, visitors can explore Glen Helen, Yellow Springs' 1000 acre woods or glide a bike along the Little Miami Scenic Trail, visit the unique shops and dine on fine cuisine.

Plan your getaway and register for classes by visiting www.getawaysforwomen.com or call Nancy Mellon at (937) 767-1366.

Spa sessions and last minute reg-

istration will be held at Creative Explorations Women's Retreat, located at 253 Xenia Avenue. Classes will be held within easy walking distance throughout the village. Between activities women may return to the retreat to relax and enjoy refreshing conversation and snacks.

Getaways for Women is a local host service which customizes unique excursion packages to Yellow Springs. Creative Explorations Women's Retreat offers facilitated or self-directed retreats for individuals or small groups. For additional information about personal retreats, visit www.creativeexplorations.net or call Jennifer Horner at (937) 750-4117.



We care. It's that simple.

• Assisting Women on Their Breast Cancer Journey •

- Breast Prosthesis for all breast surgeries: Lumpectomy, Mastectomy & Reconstructive
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Or call us, and we can coordinate a time to accommodate your schedule

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