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SURVIVOR

ACTIVE LIVING AFTER CANCER MONTHLY NEWSLETTER

OCTOBER 2019 | ISSUE 24

BREAST CANCER AWARENESS MONTH

OCTOBER

October is **Breast Cancer Awareness Month**. Besides skin cancer, breast cancer is the *most common cancer* among American women.

Regular breast cancer screenings are the best way to detect breast cancer. Breast cancer screening exams help find breast cancer at an early stage. When found early, the chances for treating the disease are greatest.

Screening recommendations:

Age 25 to 39

- Clinical breast exam every 1–3 years

Age 40 +

- Clinical breast exam every year
- Mammogram every year

If you would like to learn more about Breast Cancer prevention please visit [MD Anderson/ Breast Cancer](#).

Click [HERE](#) to view a list of our upcoming classes.

UPCOMING EVENTS

MD Anderson Connect + Learn Survivorship Events

Saturday, November 16

9a.m. – noon

MD Anderson Cancer Center League City
2280 Gulf Freeway South
League City, Texas 77573



MD Anderson
Connect + Learn
Survivorship Events

Join us to connect with others and learn from MD Anderson experts. This event is for cancer patients, survivors, caregivers and family members regardless of where they received treatment.

Registration and parking is **FREE**.

To register visit mdanderson.org/connectandlearn or contact us at mycancerconnection@mdanderson.org | 800-345-6324

Boot Walk to End Cancer

Help us give cancer the boot!

Saturday, November 9th

1:00pm

Texas Medical Center
Questions? 1-844-363-2262

BOOT
WALK
to **#endcancer**[®]

100% of funds raised support MD Anderson's mission to end cancer. [Register Today!](#)

The Active Living after Cancer (ALAC) newsletter will be sent to you on a monthly basis, it will include updates about the program, locations of future program sites, upcoming community events, and survivorship resources that you may share with your community members.