

BREAST CANCER
AWARENESS MONTH

2ND leading cause
of cancer death
among women

3.3 survivors
MILLION in the U.S.



1 IN 8 WOMEN ARE DIAGNOSED

- ⌘ KNOW YOUR RISKS
- ⌘ KNOW THE SIGNS & SYMPTOMS
- ⌘ SCREEN FOR EARLY DETECTION
- ⌘ EAT A NUTRIENT-RICH DIET
- ⌘ BE PHYSICALLY ACTIVE
- ⌘ MAINTAIN A HEALTHY WEIGHT
- ⌘ LIMIT OR AVOID ALCOHOL CONSUMPTION
- ⌘ QUIT SMOKING

Prevent



SHOW YOUR SUPPORT.
WEAR PINK.

Oregon Cascades West

Dining Centers & Days of Service Call for Lunch Reservations

Our menus include a variety of foods to provide you with well-balanced meals, which are lower in fat and sodium and offer the choice of a diabetic friendly dessert.

LINN COUNTY

Albany Senior Center

Monday-Friday (541) 967-7647

Brownsville Christian Church

Tues & Thurs (541) 466-5015

Lebanon Senior Center

Monday-Friday (541) 451-1139

Mill City, First Presbyterian

Tues & Thurs (503) 897-2204

Sweet Home Community Center

Mon., Tues., Fri (541) 367-8843

BENTON COUNTY

The Corvallis Elks

Monday-Friday (541) 223-1005

LINCOLN COUNTY

Lincoln City Community Center

Mon., Wed., Fri (541) 994-7731

Newport Senior Center

Mon., Wed., Fri (541) 574-0669

Siletz, Tribal Community Center

Mon & Wed (541) 270-6853

Toledo, Trinity United Methodist

Friday (541) 270-7416

Waldport, South County SR. CTR

Mon., Wed., Fri (541) 563-8796