

# St. Joseph's Cancer Awareness Day Cancer Fair

Wednesday, October 23, 2019

## Cancer Health Fair

9 – 1 p.m. | St. Joseph's Main Lobby



**Learn what you can do to actively promote wellness for yourself and those you love. Learn about:**

- Cancer risks, screenings and prevention
- Diet, exercise, blood pressure, cholesterol and body mass measurements
- Cancer treatment, genetic counseling, and cancer survivorship education
- Wellness programs such as Tai Chi, Yoga, Meditation, and Reiki
- Our **Cancer Navigator** will also be available during the fair to answer cancer related questions.

### **Educate yourself regarding:**

- New equipment for dense breast imaging at St. Joseph's Women's Imaging Center
- Advance Directives for Health Care
- Special apparel for women with mastectomy



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St. Joseph's Cancer Institute