

September 2008

**Tickets are on sale NOW for our 3rd annual Survivor Celebration
to be held on September 26 at The Jefferson Hotel**

Choose to attend breakfast (8:00-9:30am) or lunch (12:00-1:30pm)

Help us to honor and encourage the brave women and men living with breast cancer. Plus, be inspired by our keynote speaker René Syler, former anchor of CBS' The Early Show, author and breast cancer advocate. René made headline news in 2007 when she had a bilateral prophylactic mastectomy as a preventative measure against breast cancer. In addition to both her mother and father surviving breast cancer, Rene had four biopsies in four years. Rene will inspire you with her strength, humor and faith. Receive a copy of Rene's book *Good Enough Mother* with your ticket purchase.

Tickets are on sale at www.komenrichmond.org

Tickets are

\$15 for survivors (at either seating)

\$25 for breakfast

\$35 for luncheon

Tables of 10 are

\$400 for breakfast

\$500 for luncheon

Call for Educators!

October is Breast Cancer Awareness month!

The Susan G. Komen for the Cure, Richmond Affiliate is looking for Komen Educator volunteers for upcoming events. Komen Educators are a group of trained volunteers whose goal is to raise awareness about the importance of breast health issues.

We will hold Educator training on **September 20th from 10 a.m. to 12 p.m.** at the Komen Richmond office, 4905 Radford Avenue, Suite 209, Richmond, Virginia 23230.

To sign up for training, please contact Jessica Barnes at 804-358-7223, or jbarnes@komenrichmond.org

Upcoming Events

**Cancer Survivor Symposium
September 16, 2008**

**Ladies Night Out at [Parisian Spa & Salon](#)
September 19, 2008
Fredericksburg, VA**

**Periwinkle South hosts
the Ivy Market
October 1st from 5pm - 9pm
October 2nd from 9am - 5pm
Jepson Alumni Center,
University of Richmond**

**Pink Tie Gala
October 4th, 2008
Omni Richmond Hotel
[Click here for more information](#)**

"Points of Light on the Cancer Journey"

[Click here for more information](#)

7:00pm at the Science Museum of Virginia

Volunteer Spotlight

Wanda Johnson, has been a dedicated Komen volunteer for many years. She is currently one of the co-chairs for the Survivor Celebration Committee, has recently joined our Komen Educators program and volunteered at this year's Race for the Cure. Her hard work and ability to network have connected us with new sponsors and brought awareness about Komen and our Promise to countless individuals in our community. She is always full of energy and willing to help!

Grantee Spotlight

Centra Health provides comprehensive breast health and cancer services to the city of Lynchburg and the counties of Appomattox, Amherst, Bedford, Campbell, and Pittsylvania. Through The Witness Project, a community outreach education program, Centra Health has provided breast health education to over 11,380 women since 2000. With the support of the Komen Richmond Affiliate, Centra Health, Centra Health Foundation, and MAAM, a community volunteer group, 1,176 free mammograms have been provided for underserved women since 2002. The 2008 Komen grant to Centra Health will fund screening mammograms, diagnostic procedures, wigs and prostheses for underserved women who reside in Lynchburg and the surrounding counties. The Richmond Affiliate is proud to partner with Centra Health in reducing healthcare disparities in central Virginia.

Breast Health and Breast Cancer Prevention

As Breast Cancer Awareness Month approaches, breast health and breast cancer prevention again take center stage. Making healthy lifestyle choices is the first step toward maintaining breast health and lowering your risk of breast cancer and other serious health conditions. So start improving your health today by:

- **Exercising.** Increase your level of physical activity by building 30 minutes of moderate physical activity into your daily routine.
- **Eating a balanced diet.** Add fruits and vegetables, whole grains and calcium to your diet and decrease your intake of high fat foods and sweets.
- **Drinking less alcohol.** Excessive drinking may increase your risk of breast cancer, so try to limit alcohol consumption to less than one drink a day.
- **Not smoking.** Smoking is linked to higher risks of many types of cancer. If you don't smoke, don't start. If you do, ask your doctor for help to quit.
- **Becoming more aware of your overall health, both physically and mentally.** Do things that make you happy and bring balance to your life. Pay attention to yourself and your needs.

Last, but certainly not least, remember to monitor and maintain your breast health.

- Have mammograms and clinical breast exams done by a health care provider as recommended
- Perform breast self-exams each month
- Keep up with all regular appointments with your health care provider.

It is never too late to adopt healthy behaviors and even small changes can make a world of difference!

Show your Support!

Are you looking for special breast cancer gifts and merchandise to support your breast cancer awareness event? Check out our [Promise Shop](#) for gifts from Norvell Communications, Monarch Pearls, Dora Bella Designs, Lilly Pulitzer, Help Today Cure Tomorrow and more!