

Community invited to learn, mingle at Breast Cancer Awareness event.

Breast cancer awareness: Carlisle Barracks community to learn, laugh, lean on each other

Army Wellness Center is making its mark on the military community at Carlisle

Barracks.

Walk through the Commissary and you'll see the "Army Wellness Center' tip cards, suggesting the healthy selections on the shelves.

And, they've collaborated with Balfour Beatty Communities to offer a light-hearted yet smart, informative event for Breast Cancer Awareness at the Delaney Center. Friday, November 9 from 4 to 6 p.m. is the new date for a new idea in health awareness, according to BBC Lifeworks Coordinator Helen Widdowson.

Join the group who'll gather to learn, laugh and lean on each other about how to prevent, detect, and respond to breast cancer. The Pennsylvania Breast Cancer coalition, a Susan G. Komen representative, an educational resources table, local vendors, information about the mammogram service at Dunham Army



Health Clinic, and light refreshments.

"We are hoping this will be a fun but different awareness event for post," said Natalie White, health educator with the Army Wellness Center at Carlisle Barracks.

And, it's time for nonpartisan voting -- for BBC's 'bling the bra' contest. It's a light-hearted way to focus attention on a serious matter.

Army Wellness Center commissary shopping tips offer guide for healthy weight and cancer prevention.

Six Steps to Preventing Cancer

1. **Don't Smoke:** If you already smoke, quit for good as soon as you can. Smoking is linked to lung, throat, pancreas, kidney, bladder, cervix, prostate, colon, rectum cancer.
2. **Maintain a Healthy Weight:** Being overweight increases risk for cancers of the colon, rectum, uterus, and breast. Talk to a health professional about what a good weight is for you and a healthy way to lose those extra pounds.
3. **Be Physically Active:** Make sure to get at least 30 minutes of daily physical activity. Being physically active can lower the risk of colon cancer and may lower the risk of breast cancer.

4. **Eat a Well Balanced Diet:** Eat a healthy diet with lots of vegetables, fruits, whole grains and limited amount of red meat. A healthy diet reduces the risk of prostate, breast, lung, colon, rectum, stomach, and pancreas cancers.
5. **Limit Alcohol:** Limit yourself to one drink per day. One drink equals one glass of wine, one bottle of beer, or one shot of hard liquor. Alcohol causes cancer of the breast, colon, rectum, mouth, throat, and esophagus.
6. **Protect Yourself from Too Much Sun:** Use hats, shirts, and sunscreens that are 15 SPF or higher. Excessive sun exposure can cause melanoma and other skin cancers.

Harvard Center for Cancer Prevention and American Cancer Society

Program (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=ProgramType&StartIndex=0&sortdesc=false>)

Reach to Recovery (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68102>)

Contact with a woman facing a diagnosis of breast cancer by a breast cancer survivor. All volunteers are trained and certified by Reach to Recovery standards.

American Cancer Society - Cumberland County

(<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68102&SessionId=129091>)

Lemoyne(888) 227-5445

American Cancer Society - Dauphin County (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68102&SessionId=68102>)

Lemoyne(888) 227-5445

American Cancer Society - Perry County (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68102&SessionId=129092>)

Lemoyne(888) 227-5445

Organization (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=OrganizationName&StartIndex=0&sortdesc=false>)

**American Cancer Society -
Cumberland/Dauphin/Perry Unit**

Program (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=ProgramType&StartIndex=0&sortdesc=false>)

Reach to Recovery - Male Breast Cancer

(<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=66206>)

Contact with a man facing a diagnosis of breast cancer by a breast cancer survivor. All visitors are trained and certified by Reach to Recovery standards.

American Cancer Society - Philadelphia (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=66206&SessionId=66206>)

Philadelphia(888) 227-5445

Support - Breast (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695>)

(<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695>)

Breast Friends of Pennsylvania

Offers individual support to those affected by breast cancer either through one-on-one contact via phone, or in person, as well as support groups customized to meet the needs of participants. Provides First I Cry packets that includes a Welcome to the Sisterhood message, a handkerchief silk-screened with a sweet logo to remind you that when ...

Breast Friends of Pennsylvania ([http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695&Effort\(321\) 236-3721](http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695&Effort(321) 236-3721))

([http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695&Effort\(321\) 236-3721](http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=114695&Effort(321) 236-3721))

Support - Breast (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=12118>)

(<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=12118>)

Penn State Hershey Medical Center

Program (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=ProgramType&StartIndex=0&sortdesc=false>)

Offers two support groups for individuals with breast cancer and long time survivors of breast cancer. Family and significant others are welcome to attend.

Organization (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=OrganizationName&StartIndex=0&sortdesc=false>)

Giant (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=12118&SessionId=12118>)

Harrisburg(717) 531-0003

Penn State Milton S. Hershey Medical Center (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=12118&SessionId=135986>)

Hershey (717) 531-7492

Support - Breast (<http://www.cancer.org>)

[/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=99214](http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=99214))

Pennsylvania Breast Cancer Coalition

Friends Like Me offers support to individuals diagnosed with breast cancer within the last six months by providing a complimentary care package that contains educational publications, books and information, as well as some soft touches like a pink ribbon pin and donated gifts and cosmetics. This care package helps newly-diagnosed Pennsylvanians by ...

Friends Like Me (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=99214&SessionId=109926>)

Ephrata(800) 377-8828

Support - Breast (<http://www.cancer.org>)

[/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=116385](http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=116385))

Pinnacle Health Hospitals

Pinnacle Health is hosting a support group designed especially for young women facing breast or ovarian cancer called Young Cancer Survivor Group for Women. The group plans to discuss topics that affect younger women, from taking care of kids, to decreases in sexuality, to working while going through treatment, etc. Women will have an opportunity ...

Pinnacle Health Community Campus (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=116385&SessionId=137745>)

Harrisburg(717) 231-8900

Program (<http://www.cancer.org/treatment/supportprogramsservices/app/?search=1&zip=17013&city=&state=42&Keyword=&programType=69&submit=+&all=1&SortBy=ProgramType&StartIndex=0&sortdesc=false>)

Support - Breast (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=109280>)

Offering support to individuals with breast cancer through the Breast Cancer Support Group.

Breast Cancer Support Group (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=109280&SessionId=127383>)

Chambersburg(717) 217-6747

Support - Breast (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68055>)

YWCA of Carlisle

Offers a monthly support group to individuals affected by breast cancer.

YWCA of Carlisle (<http://www.cancer.org/treatment/supportprogramsservices/app/Resource-Detail.aspx?resourceId=68055&SessionId=68055>)

Carlisle(717) 243-3818

Resources with are provided by the American Cancer Society.