

EARLY DETECTION EDUCATION FOR BREAST AND COLON CANCER



Ms. **Ann Stephens**, Outreach Coordinator from the North Well/ LIJ Women's Center, will make a presentation and demonstrate how to do self examinations of the breast. She will also provide information about colon cancer. She encourages participation in the demonstrations and there will be a Q&A session as she provides informational handouts.

Wednesday, April 5 | 2:30 pm
RICHMOND HILL

118-14 Hillside Avenue | 718-849-7150
J, Z to 121 Street | **Q10, Q55, Q56**

Saturday, April 15 | 1 pm
LAURELTON

134-26 225 Street | 718-528-2822 | **Q5**

Wednesday, April 19 | 2:30 pm
FOREST HILLS

108-19 71 Avenue | 718-268-7934
E, F, M, R to 71/Continental Avenue
Q23, Q60, Q64

Saturday, April 29 | 3 pm
SUNNYSIDE

43-06 Greenpoint Avenue
Long Island City | 718-784-3033
7 to 46th Street/Bliss Street
B24, Q32, Q39, Q60

Tuesday, May 2 | 1:30 pm
ROCHDALE VILLAGE

169-09 137 Avenue, Jamaica
718-723-4440
Q3, Q85, Q111, Q113

ADMISSION IS FREE.

Participants should consult with their physicians before undertaking any exercise, nutrition or health-improvement program.

Thursday, May 11 | 3 pm
FRESH MEADOWS

193-20 Horace Harding Expressway
718-454-7272
Q17, Q30, Q88

Thursday, June 29 | 1 pm
BAY TERRACE

18-36 Bell Boulevard
Bayside | 718-423-7004
Q13, Q28