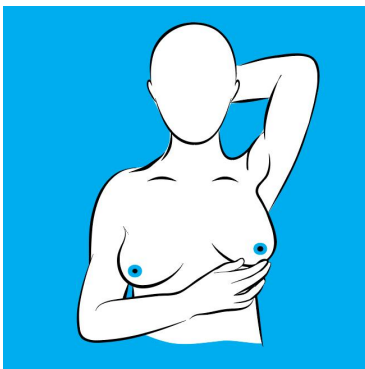




## Take care of yourself with early detection!

October is Breast Cancer Awareness Month, a great time to get screened and to remind your loved ones about the importance of taking care of themselves. Female breast cancer is the most common cancer and the 2nd leading cause of cancer death in Louisiana women.

Reduce your risk by making healthy lifestyle choices and being vigilant about breast cancer detection. Know your normal and practice early detection with our three step plan:



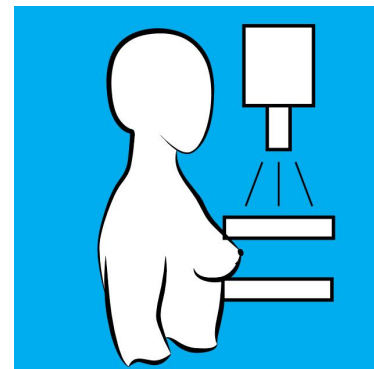
### Step 1: Regular Breast Self Exams

Self exams should be performed monthly around the same day. Note any changes or abnormalities.



### Step 2: Clinical Exam

Make an appointment at the NOMC or visit [504HealthNet.org](http://504HealthNet.org) for a list of community clinics



### Step 3: Schedule A Mammogram

Ask your doctor when to begin mammograms and other screenings based on your personal history

**MORE**

*Mark your calendars!*

ACA Open Enrollment period is November 1 - December 15, 2018.

Stay tuned for our next newsletter or [visit our website](#) for insurance information.

## Autumn Events with the NOMC

### YGT WEEKLY EVENTS

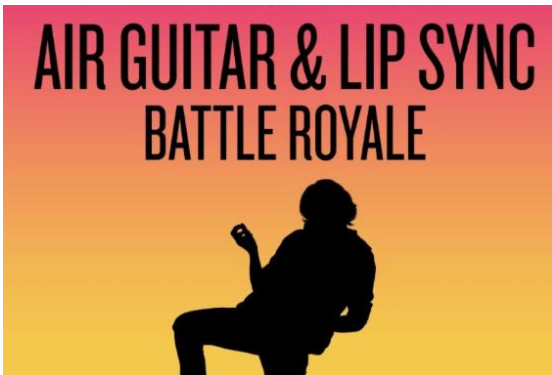


### YGT Weekly Wellness Events

Practice self-care with 5 'You Got This' events each week - options of yoga classes, healthy dinners and more!

[MORE](#)

### AIR GUITAR & LIP SYNC BATTLE ROYALE

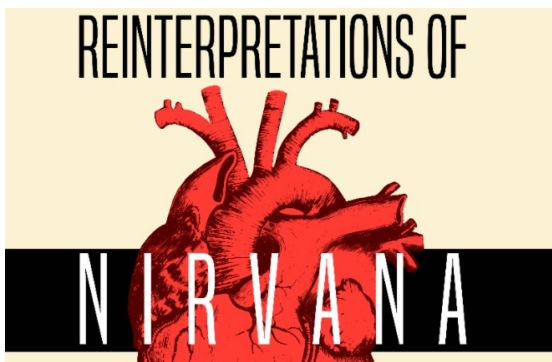


### Oct 29: Air Guitar & Lip Sync Battle Royale

Do you have what it takes? Bring on your best for the inaugural Air Guitar & Lip Sync Battle benefit at Barrel Proof on Monday, October 29th!

[MORE](#)

### REINTERPRETATIONS OF



### Nov 8: Reinterpretations of Nirvana

New Orleans musicians come together to perform reinterpreted songs by the legendary Seattle band, Nirvana, to benefit mental health services at the NOMC.



[MORE](#)



### Nov 10: En Bonne Sante

Join The Art Garage for a unique celebration of two musical legends - Aretha Franklin and Mahalia Jackson - with live music, food and more to benefit the NOMC

[MORE](#)



### Nov 18: NOLA Stache Dash

On Your Mark, Get Set, Grow! Sport your best mustache at the annual 1-mile run & Tailgate for a Cause to raise money and awareness for prostate cancer at the NOMC

[MORE](#)



### Nov 24: The Last Waltz New Orleans

A stellar crew of New Orleans musicians and special guests pay homage to The Band's "last show" to raise funds for the NOMC

[MORE](#)

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*Your support keeps New Orleans culture alive! All gifts are 100% tax deductible.*

[GIVE](#)

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Keep In Touch!

