

October is National Breast Cancer Awareness Month

walk WITH a D C



You probably know that October is National Breast Cancer Awareness Month, BUT did you know that walking can help prevent breast cancer?

See, the National Breast Cancer Foundation Inc. even says so:

“While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same”.

Don't forget to take some steps at the next Walk with a Doc!

- Dates:** Saturday, October 7th
Saturday, October 28th
- Time:** 9:00—10:00 AM
- Location:** Meet at the Valdez Civic Center
We will be walking outside weather permitting
- Cost:** FREE! Open to All Ages

*Come Walk with Dr. Angela Alfaro
FREE T-shirt—while supplies last!*



Questions? Please Call 907-835-2531 OR Email rsensabaugh@ci.valdez.ak.us
Visit www.ci.valdez.ak.us/parks AND www.facebook.com/ValdezAlaskaFun
For more information on Walk with a Doc., visit walkwithadoc.org