



1st Annual  **Breast Health Institute**

October 1, 2005  
8 am-1:30 pm

**St. Marys Health Center is sponsoring the 1st Annual Breast Health Institute on Saturday, Oct. 1, for all area women, to kick off National Breast Cancer Awareness Month.**

Free health screenings from 8-11:30 am:

- Skin
- Cholesterol
- Diabetes
- Blood Pressure
- BMI (Body Mass Index)
- Waist Circumference — an important cardiac indicator

Afterward, a panel of experts will present information and answer your questions about breast cancer:

- Jonathan Roberts, M.D., surgeon
- Ali Khojasteh, M.D., oncologist
- Fishel Liberman, M.D., radiation oncologist
- Prakash Neupane, M.D., oncologist
- Sandra Hewlett, MS, RN, AOCN, cancer services director
- Laurel Kramer, PhD, psychologist

In addition, Donna Westhues, a cancer survivor, will tell her story.

Schedule your mammogram, and find out about community resources at these displays, from 8-11:30 am:

- St. Marys Cancer Center
- American Cancer Society
- Community Breast Project
- Department of Health: Community Health
- Missouri Women's Council
- Show Me Healthy Women
- State of Missouri License Plate Project

**You're invited!**

But you must register by Sept. 27, 2005, by calling 573-761-7062.

**Are you in the pink?  
Come find out on  
October 1!**



*then, now & always*

100 St. Marys Medical Plaza • Jefferson City, MO 65101  
[www.stmarys-jeffcity.com](http://www.stmarys-jeffcity.com)