

Latina Breast Cancer

January 2011 Issue

Comunidades Unidas

Program description

Comunidades Unidas' Latina Breast Cancer program educates women about breast cancer and the importance of having early breast cancer screenings and mammograms. This program coordinates different exciting activities with the purpose of educating women about healthy lifestyle choices. We host an annual Breast Cancer Awareness Fashion Show, monthly "Girls' Night Out," Zumba classes and regular educational workshops.

Early detection is the best protection.



The three simple steps for early detection of breast cancer are regular mammograms, clinical exams and monthly breast self-exams.

Health Information & Services

In the past three months, Comunidades Unidas has provided breast cancer information to over 550 women at the Health Booth (Ventanilla de Salud) located at the Mexican Consulate.

45 women have participated in our *Girls Nights Out* where they discussed important breast cancer issues, learned about performing self breast exams, and explored the opportunity for them to become leaders in the community by becoming promotoras. Participants were then pampered with free hair cuts, facials, and pedicures.

Comunidades Unidas has coordinated multiple *Zumba Classes* at Salt Lake Community College Lifetime Activities Center. The main focus of this activity is to educate women about healthy lifestyle choices while they are having fun and burning calories to the Latin beat.



Upcoming Events

Zumba Classes

Every Friday starting January 21, 2011

4:30-6:00 PM at Salt Lake Community College

Lifetime Activity Center (Room 176)

4600 South Redwood Road

Salt Lake City, UT

Every 3rd & 4th Saturday of the month

Horizonte School

1234 Main Street, Salt Lake City



Girls' Night Out

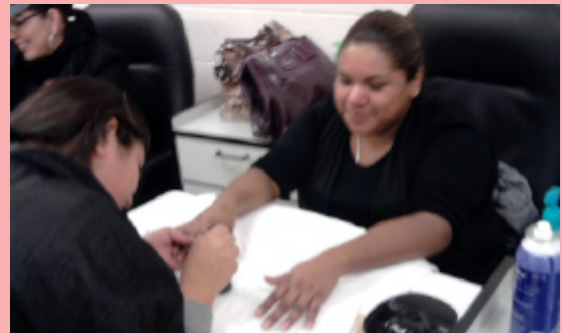
January 25, 2011 at 9:30 am
and every Wednesday at 6 pm

Salt Lake Community College
Administration Building
(Cosmetology Room)

4600 South Redwood Road
Salt Lake City

We are also in Weber County!

Stay tuned for our Breast Cancer activities in the city of Ogden. We are organizing Breast Cancer workshops, girls' nights out, and other exciting events.



To register call us at **801-487-4143**
(space is limited)

Volunteer of the year award



Comunidades Unidas is pleased to announce that **Veronica Lopez** was named **2010 Volunteer of the Year** for our *Latina Breast Cancer Program*. For the past year, Veronica has worked as a promotora in our program, participated in our 2010 Breast Cancer Awareness Fashion Show and has been instrumental to our outreach efforts in West Valley City. As the recipient of this important award, she will receive an Extreme Makeover and will be the face of our program for 2011!

Thank you Veronica for all you hard work and dedication to CU's Latina Breast Cancer Awareness Program! ¡Felicidades!

Communities United



CU

Comunidades Unidas

Comunidades Unidas / Communities United

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