

Breast Cancer Awareness Month

Activities Calendar—Oct. 3 to Oct. 16

Saturday, Oct. 3

Walk for the Cause/Run for a Life

9 a.m. - \$20

Linn County Courthouse, 300 SW 4th St., Albany

Call Jenny Cafferata for information, (541) 926-5543

Monday, Oct. 5

Breast Cancer Awareness Day Event

10 a.m. to 2 p.m. - Free

10 a.m. to noon, MammaCare® class,

Joann Stutzman, RN, Sue Merrill, RN

Noon to 1 p.m., Ladies luncheon

1 to 2 p.m., Breast Cancer Awareness Month talk
with Mary Harada, MD

Samaritan Albany Cancer Resource Center,

400 NW Hickory St., Albany

Call for information, (541) 812-5888

Tuesday, Oct. 6

Cancer Support Group

7 p.m. - Free

Samaritan Albany Cancer Resource Center,

400 NW Hickory St., Albany

Call for information, (541) 812-5888

Wednesday, Oct. 7

Poetry reading

7 p.m., Marianne Klekacz and Marjorie Power

Grass Roots Bookstore, 227 SW 2nd St., Corvallis

Saturday, Oct. 10

"Breast Health Now, Your Life is Worth It"

Breast Cancer Awareness for Women with Disabilities

10 a.m. to 4 p.m.

Newport Senior Center

Call Progressive Options to register, (541) 867-4335

Trek Breast Cancer Awareness Ride

10 a.m.

Visit www.peakssportsorvallis.com for more information

Monday, Oct. 12

Look Good... Feel Better

5:30 to 7:30 p.m. - Free

Samaritan Regional Cancer Center,

501 Elks Drive, Corvallis

To register, call (541) 768-5220

A program to help women cope with appearance-related side effects of cancer treatment. Cosmetologists teach women how to cope with skin changes and hair loss related to cancer treatments.

Breast Cancer Support Group

7 p.m. - Free

Samaritan Lebanon Community Hospital,

525 N Santiam Hwy., Lebanon

Call for information, (541) 451-2384

Friday, Oct. 16

OSU vs. Stanford University

"Spike Out Cancer" volleyball game

7 p.m.

www.osubeavers.com for more information

October is National Breast Cancer Awareness Month. Be sure to check out the following local events and programs.



This calendar is brought to you by:



Breast Cancer Awareness Month

Activities Calendar—Oct. 19 to Oct. 28

Monday, Oct. 19

Breast Cancer Support Group

7 to 9 p.m. - Free

Good Samaritan Regional Medical Center,
3600 NW Samaritan Drive, Corvallis
Call for information, (541) 768-4991

Guest speaker Kerri Winter-Stone, PhD, FACSM, an associate professor in the Department of Nutrition and Exercise Science at Oregon State University, will share her research on exercise and bone preservation during and after cancer treatments, there will also be a time reserved for sharing and encouraging one another.

Tuesday, Oct. 20

Cancer Support Group

7 p.m. - Free

Samaritan Albany Cancer Resource Center,
400 NW Hickory St., Albany
Call for information, (541) 812-5888

Wednesday, Oct. 21

Oncology and Nutrition

Samaritan Albany Cancer Resource Center,
400 NW Hickory St., Albany
Call for times and information, (541) 812-5888

Thursday, Oct. 22

Breast Health and Cancer Resource Fair

Noon to 6 p.m. - Free, open to the public

Noon to 1 p.m., "Hope, laughter and love"

Becky Olson, speaker and breast cancer survivor

1 to 6 p.m. Breast Health and Cancer Resource Fair

4 to 5:30 p.m. MammaCare® Class

Good Samaritan Regional Medical Center,
3600 NW Samaritan Drive, Corvallis
Call for information, (541) 768-5711

Call to reserve a spot for the MammaCare class,
(541) 738-2075

Health experts will be on hand to provide information and answer questions about aspects of maintaining breast health and treatment options for breast problems, including imaging, surgery, healthy lifestyle choices, support services, and treatment applications.

Monday, Oct. 26

Look Good... Feel Better

9 to 11 a.m. - Free

Samaritan Albany Cancer Resource Center,
400 NW Hickory St., Albany
Call for information, (541) 812-5888

Wednesday, Oct. 28

Mammograms and Manicures

5:30 to 8:30 p.m. - Free (limited spaces available)

Samaritan Mammography Services,
444 NW Elks Drive, Corvallis

Call Elaine for information, (541) 768-5785

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