

BREAST CANCER AWARENESS MONTH

October is Breast Cancer Awareness Month. During the Month of October, I will periodically post information about breast cancer on Facebook. Follow me at Carmen Fortney Purdue Extension as we as the Jasper County Purdue Extension page.

During the month of October, I encourage all women age 40 and older and anyone with family history to schedule their mammograms. On November 4th, I will host a presentation on the importance of being aware of your breast health. I am working to have someone in attendance to schedule mammograms as well. Join me at the Fairgrounds or on Zoom at 4:00 pm CST for this very important topic. Register at the link below. https://purdue.ca1.qualtrics.com/jfe/form/SV_8B81K17wLxJ3BdA



I am declaring Wednesday October 12th "Wear Pink Day". This day is all about spreading awareness for breast cancer. On this day I ask that you wear pink in honor, in memory or as an advocate for someone (or yourself) that is fighting or has fought breast cancer. Get together with friends/family and post a picture of you with the hashtags #JasperCountyWears Pink and #BreastCancerAwareness. These pictures can be of you walking, sharing a meal, doing a fun activity, honoring the memory of someone, etc. I look forward to seeing all of the posts that day. Let bring awareness about the horrible illness.

SERVSAFE CLASSES TO BE HELD

ServSafe classes will be offered periodically throughout the year. If you would like a private class for your organization/staff, please notify me eight weeks before your desired date. This allows me enough time to communicate with campus to get the registration link setup. The next ServSafe class will be held on December 12 at 9am at the Extension Office. Maximum enrollment for this class is 10. The Food handlers' class should follow the same request schedule as the ServSafe class.

IF YOU HAVE NOT JOINED
WALK-A-WEIGH 30 FOR 30
YET, YOU ARE REALLY
MISSING OUT! JOIN OUR
FACEBOOK PAGE WALK-A-
WEIGH PLUS (30 FOR 30
EXTENSION
COLLABORATION)
[HTTPS://WWW.FACEBOOK.
COM/GROUPS/12326683872
39493/](https://www.facebook.com/groups/1232668387239493/) FOR A FAMILY-
STYLE GROUP THAT
PROMOTES AND
ENCOURAGES PHYSICAL
ACTIVITY AND BOOST
SELF-ESTEEM AND
CONFIDENCE. WE WILL BE
STARTING A NEW
CHALLENGE NOVEMBER 14
THROUGH DECEMBER 13TH,
SEE THE ENCLOSED FLYER
FOR REGISTRATION
DETAILS.