

For Immediate Release:

For More Info. Contact

Valerie White
Cayuga Co. Health Dept.
253-1453

**Ladies!!
“Pamper Yourself, Pamper Your Health!”**

All women ages 30+ who live in the area of northern Cayuga and western Onondaga Counties are invited to participate in a very special health and beauty event to be held at the Cato- Meridian Community Recreation Center on Saturday, October 21, 2006, from 9:00 am – 12:00 noon. The Fourth Annual “Pamper Yourself, Pamper Your Health” event offers health care to women with limited access to transportation and/or health insurance, and who face financial challenges. **The following services will be offered at no charge: blood pressure checks, diabetes screening, clinical breast exams, colon cancer home test kits, and information on women’s health. Free mammograms will be available on Wednesday, Nov. 15th.** Women with no health insurance or who are underinsured (ie. have high deductibles, have insurance where breast care services are not covered, etc.) will be given first priority for breast exams and mammograms. For “pampering,” the program will include **free manicures, massages, hair & make-up consultations, cooking demonstrations, refreshments, door prizes and give-away items. Childcare will also be available!**

Cayuga County Healthy Men and Women Partnership, a Cayuga County Health Department cancer-screening program), Cato-Meridian Community Recreation Center, and The American Cancer Society are sponsoring the event.

Interested women are asked to contact Julie Delaney at the Health Department (253-1455) to sign up for the program. ***Pre-registration is required by Friday, October 20th.***