

*Good Health is Contagious*

The logo for Eastside Allen Neighborhood Center features the text "Eastside Allen Neighborhood Center" in a bold, black, sans-serif font. The text is centered within a white rectangular area that is framed by a thick, black, irregular border that tapers at the corners.

**Eastside Allen  
Neighborhood  
Center**

- Free Breast Health Support Kit
- Possible eligibility for a free mammogram and/or clinical visits
- Information on how to stop smoking

Health Team Contact:  
Wambui Demps  
1619 E. Kalamazoo St.  
Lansing, MI 48912  
(517) 367-2468

The graphic for the February Breast Health Self-Exam Reminder features the title in a bold, black, sans-serif font. The text is centered within a white rectangular area that is framed by a thick, grey, L-shaped border. A thin, grey, curved line is positioned below the text, and a thick, grey, horizontal bar is located to the right of the text.

**February Breast Health  
Self-Exam Reminder**

The incidence of breast cancer increases with age. 1 out of every 54 women will be diagnosed with breast cancer.

African American women are at increased risk. African American women ages 30-69 have the highest death rate from breast cancer among as compared to other racial groups.

Michigan is among the top ten states for recorded incidence of breast cancer.

The good news is that early detection, through self-examinations, physician visits, and mammograms, leads to a 98% full recovery rate.

\* National Cancer Institute (1999)

**February Breast Health  
Self-Exam Reminder**

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Lansing, MI 48912

PLEASE  
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Mailing Address Line 1  
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Mailing Address Line 4  
Mailing Address Line 5