



Breast Cancer Survivors' Retreat

# New Beginnings

*Speakers, Support Info,  
Apparel & Cosmetics Giveaway*

## Saturday, October 1, 2011

### Open House:

- Information/Support Centers
- Free Wigs and Bras
- Soft Protheseses
- Makeup Kits and Makeovers
- Scarves & Turbans
- Breast Self Exam Education
- Free Seated Massages & Yoga Demo
- Exercise Information for Post-Surgery
- Community Resources and Info
- Door Prizes and Giveaways
- Refreshments & Appetizers

### Details:

Date: Saturday, October 1, 2011

Location: Inova Loudoun Hospital  
44045 Riverside Parkway  
Leesburg, VA 20176

Rooms: Conference Rooms A & B

Time: 9:30am-3pm

Panel Discussion 10:00am-12noon

Open House 12noon-3pm

Register: Call 703-289-8708

Questions: [www.LBHN.org](http://www.LBHN.org)

### Panel of Experts:

Panel Discussion:

Topic "What Do Genes Have to Do With Breast Cancer?"

### In Partnership With:



Celebrating Breast Cancer Awareness Month in Loudoun County

See other side for more information about Inova Link to Pink



October is National Breast Cancer Awareness Month.

# Inova is your **Link to Pink.**



To celebrate the growing awareness around breast cancer, Inova is hosting several events ranging from free mammograms to expert panel discussions throughout October.

Subscribe to our e-newsletter, **Inova Link to Pink** at **[invalinktopink.org](http://invalinktopink.org)** to receive breast health tips and information in October and all year long.

## Inova Breast Care Institute at Inova Loudoun Hospital

### Breast Health Events

#### *Please Register*

10/1 **What Do Genes Have to Do With Breast Cancer?**  
*Inova Loudoun Hospital*  
10 a.m. - noon

10/1 **New Beginnings Survivors Retreat**  
*Inova Loudoun Hospital*  
noon - 3 p.m.

10/4-25 **Living with Breast Cancer – Focus on Exercise**  
*Inova Loudoun Hospital*  
6 - 7 p.m.\*\*

**Living with Breast Cancer – Focus on Education**  
*Inova Loudoun Hospital*  
7:30 - 9 p.m.\*\*

*\*\*To register call 703-698-2526 or go to [www.lifewithcancer.org](http://www.lifewithcancer.org)*

*Unless otherwise noted, please register at 703-289-8708 or [invalinktopink.org](http://invalinktopink.org).*



Scan this barcode to register to receive updates on our events and health tips

[invalinktopink.org](http://invalinktopink.org)

## Free Screening Mammogram Day\* Saturday, Oct. 29

Available at all the following locations:

- Inova Alexandria Hospital
- Inova Fairfax Hospital
- Inova Fair Oaks Hospital
- Inova HealthPlex – Springfield
- Inova Loudoun Hospital
- Inova Loudoun Imaging Center – Dulles South
- Inova Loudoun Imaging Center – Leesburg
- Inova Mount Vernon Hospital

\*This free screening mammogram is available to all women over 40 who have a physician order. **Registration is required. Please call 703-289-8708.**

The American Cancer Society recommends you begin screening by age 40 – even earlier if you have a family history of breast cancer – and schedule yearly mammograms after that.

**Remember:  
Early Detection is Your Best Protection.**

