

**EVERY WOMAN
COUNTS**



School Wellness Newsletter

This Month We Celebrate Breast Cancer Awareness

One of the earliest signs of breast cancer can be an abnormality that shows up on a mammogram before it can be felt. The most common signs of breast cancer are a lump in the breast; abnormal thickening of the breast; or a change in the shape or color of the breast. Finding a lump or change in your breast does not necessarily mean you have breast cancer.

Breast exams should be done every month, and regular mammograms should begin after the age of 40. If you believe you may have breast cancer, call your doctor right away.

Taking care of ourselves:

This sounds so basic, so simple, but many of us neglect this important notion. Our days are busy. Responsibilities are pulling us in so many different directions. If something has to give, our self care is usually the first to go...but it really shouldn't be.

October's Recipe for Thought

Banana Pudding

- * 1 (4-serving) package instant banana pudding mix
- * 2 cups skim milk
- * 2 bananas, diced

1. In mixing bowl, mix banana pudding and milk with whisk for 2 minutes. Fold cut up bananas into pudding.
2. For pudding, transfer to cups and refrigerate.