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## **DOH-Monroe Hosts Free Breast Health Awareness Class and Cancer Screenings in Recognition of National Breast Cancer Awareness Month**



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**Monroe County, Fla. —** The Florida Department of Health in Monroe County (DOH-Monroe) invites women and men to attend the Breast Health Awareness Class on Wednesday, October 8, 2025. This event is in recognition of National Breast Cancer Awareness Month, a time to spread important health education and encourage women to receive regular screenings to promote early detection and treatment of breast cancer.

The event will be held from 9 – 11 a.m. at:

**College of the Florida Keys (Room C-115)  
5901 College Road,  
Stock Island, FL 33040**

This free session will be led by local experts and provide valuable education on breast health, self-exams, mammograms, and overall wellness. The first 25 students who participate in the class will receive the choice of a free digital blood pressure cuff (valued at \$50 each) or a yoga mat, while supplies last.

In addition, the UM Sylvester Game Changer mobile unit will be on site from 9 a.m. – 1 p.m. providing no-cost cancer and health screenings. Screenings offered include cervical cancer, prostate cancer, colorectal cancer, liver cancer, lung cancer, body mass index (BMI), blood pressure, cholesterol, waist circumference, and blood glucose.

### **Eligibility Requirements**

- **BMI:** Ages 18 and older with BMI greater than 30, non-pregnant
- **Blood pressure:** Ages 18 and older
- **Cholesterol:** Ages 20 and older
- **Waist circumference:** Ages 18 and older, non-pregnant
- **Blood glucose:** Ages 35–70 with BMI greater than or equal to 25, non-pregnant, must fast
- **Cervical cancer:** Females ages 21–65 with no hysterectomy
- **Prostate cancer:** Males ages 50–69 or high risk (family history or African American) ages 45–69
- **Colorectal cancer:** Ages 45–75

- **Liver cancer:** Ages 18 and older
- **Lung cancer:** Ages 50–80 with history of smoking 20 plus packs a year, current smoker, or quit within the past 15 years

Both the class and screenings are **free** and open to the community. No appointment required. For more information, call 305-676-3870 or email [DOHMonroe@FLHealth.gov](mailto:DOHMonroe@FLHealth.gov).

[Breast cancer](#) is a disease in which cells in the breast grow out of control. Breast cancer is the most common type of cancer among women in Florida. Although rare, men can also develop breast cancer. Mortality rates have [decreased by over 5%](#) in the past 10 years, partly due to improved screening, access, and treatment.

### Prevention

- Routine screening and self-breast exams are important to breast wellness. Being familiar with your breasts can help you notice signs/symptoms such as lumps, discharge, or changes in size or nipple appearance. Contact your health care provider if you notice any signs/symptoms.
- Women ages 40 to 74 should schedule a mammogram every two years with their health care provider, or with DOH-Monroe if eligible for the Florida Breast and Cervical Cancer Early Detection Program.
- [At-risk women](#) should schedule regular breast MRIs and mammograms every year. Risk factors include family history, genetics, breast density, and more.
- Healthy habits can help prevent breast cancer. A healthy lifestyle includes eating nutritious foods, avoiding alcohol and tobacco, regular physical activity, and adhering to recommended screenings.
- Breastfeeding lowers a woman's risk of getting breast cancer.

### Florida Breast and Cervical Cancer Early Detection Program

DOH-Monroe provides access to free or low-cost breast cancer screenings to women who are uninsured or underinsured, have a low income, and meet the program eligibility requirements. Mammograms can detect breast cancer in the early stages when it is easier to treat. To see if you qualify for these screenings, call 305-293-7500 or visit the [Florida Breast and Cervical Cancer Early Detection Program webpage](#).

Learn more about the [signs and symptoms of breast cancer](#) and the benefits of early detection.

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### About the Florida Department of Health

The Department, nationally accredited by the [Public Health Accreditation Board](#), works to protect, promote, and improve the health of all people in Florida through integrated state, county, and community efforts.

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