



Breast Health Awareness

For Women and Men

Join the Florida Department of Health in Monroe County for a **breast health awareness course** led by local experts. The course is **FREE**, and all are welcome to attend.

- Education provided by our nurse practitioner and registered nurse
- Holistic relaxation therapy to promote mind, body, and spirit wellness that supports immune response, improved flexibility and circulation, and overall improved health
- Hands-on silicone models representing women and men breasts that simulate what a breast lump may feel like during a self exam
- Information on mammograms and medical resources
- Free giveaways, while supplies last

September 29, 2025
6–8 p.m.

Frederick Douglass Community Center
101 Olivia St., Key West, FL 33040

October 8, 2025
9–11 a.m.

College of the Florida Keys (Room C-115)
5901 College Rd., Key West, FL 33040

UM Sylvester Game Changer will be there 9 a.m.–1 p.m. providing free cancer and health screenings. All are welcome! No appointment required.



Patients taking glucose and lipid tests will need to fast beforehand.

Sign-up by calling **305-676-3870**
or email **DOHMonroe@FLHealth.gov**