



[Visit Our Website](#)

[Like Us on Facebook](#)

[Give](#)

To Your Health: October 2016

October is Breast Cancer Awareness Month

40% of diagnosed breast cancers are detected by women who feel a lump, so establishing a regular breast self-exam is crucial.

By performing monthly breast self-exams, you will be able to more easily identify any changes in your breast.

Learn how to perform this self-exam [here](#)



Simply Give

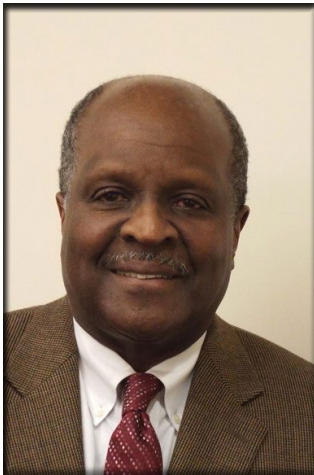
We are pleased to announce that it is easier than ever to give to Whitney Young Health!

Are you looking to make a charitable donation that will benefit thousands of Capital Region residents? Look no further – your gift to Whitney Young Health will ensure that quality healthcare is accessible and available without regard to income.

Learn how you can give [here](#).



Legacy Event 2016 - LAST CHANCE!



This year's honoree:
Leroy Twigg
Living the Legacy Award

Our Legacy Event dinner honors individuals and organizations that have made a difference in the Capital Region, particularly for the populations we serve.

Thursday, October 20th, 2016
Radisson Hotel · Albany
5:30pm - 8:30pm

Last chance!
Get your tickets [here](#) through 10/16

Limited Ticket Raffle!

Win \$1,000 in free jewelry or services donated by
Top Custom Jewelers · \$25/ticket (**only 200 available!**)

Enter in to win [here](#)

On-line tickets must be purchased by 10/19!

**Do not need to be present to win*

Whitney on Wheels Receives Grant from First Niagara Bank

Whitney Young Health is excited to announce that Whitney on Wheels, our mobile health unit, has received a \$5,000 grant from First Niagara Bank.

Our mobile health unit operates to deliver primary health care to people who have barriers to accessing health care in traditional settings in Albany and Rensselaer counties.

To see how First Niagara's support will be utilized, read [here](#).



Whitney M. Young, Jr. Health Center 920 Lark Drive, Albany, NY 12207
Phone: (518) 465-4771 | Email: info@wmyhealth.org
[Privacy Policy](#) | [Visit Our Website](#) | [Unsubscribe](#)