

# THINK PINK



*By Billye Fietz*

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***October is Breast Cancer Awareness month!!***

Get your yearly mammogram and be aware of things that put you at risk. Risk reduction means making choices to avoid or minimize any possible risk factors that you can. It also means increasing protective factors in your life to lower chances of developing breast cancer. New research has shown that walking has many benefits. Recommendations by the Breast Cancer Research Foundation shows that walking at a moderate pace for three to five hours a week can net big benefits.

***So ladies, lace up those walking shoes and start walking for your favorite candidates!***