

## Good Idea!

### Take Your Health Into Your Own Hands.

Breast self-exam is a screening method that is intended to find early tumors, particularly those that develop in the time between annual mammograms and clinical breast exams. By doing breast self-exams once a month, women can become familiar with the way their breasts look and feel normally and thus may be able to recognize changes.

Invite a speaker from the Canadian Cancer Society to speak about Breast Cancer and Breast Self-Examination. Subsequently, make appointments at the Ontario Breast Screening Clinic nearest you for members who have never had a mammogram or need to be retested. Go as a group and arrange a shopping and lunch afternoon. (We did something similar and two members in our group were found to have small malignant lumps. Both are very happy to be alive today, 13 years later!)



## Purple Valley WI

WI Members from the Purple Valley, Adamsville, Colpoys Bay and Mar Branches all joined to participate in the Big Bike for Heart and Stroke this past May. The team raised \$2500 and helped raise awareness of what WI does for the community.

*Submitted by Ruthann Snelling, Purple Valley WI (Picture by Charlene Hepburn, Purple Valley WI)*

## Cambray WI

Cambray WI celebrated their 100th Anniversary with a Tea Party this past spring where Members wore skirts, white blouses, blue hats and yellow corsages to celebrate.



## Tec We Gwill WI

Tec We Gwill WI donated prize money for the New Tecumseth and area Spring Arts Festival for the 2nd year in a row. In the photo L-R are Sandi Meninyi, President of the New Tecumseth Arts Council, Donna Jebb and Ellen Hickson from the Tec We Gwill WI.

