

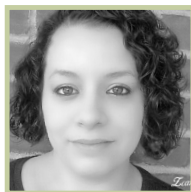
Have you had your mammogram?

Let's not put it off any longer!

Call a **Community Health Worker** today. We can answer your **breast and cervical cancer screening** questions and provide you with the confidentiality you desire.



Amber Culver



Jenn Goulet

At no cost to you, we can help you take the next step.

Let's get you screened!

For **FREE** mammogram support,

call: 603-575-9078 **or email:** chw@nchcnh.org



Leading innovative collaboration to improve the health status of Northern New Hampshire

Also, Join Us on October 25th

North Country Health Consortium & First Step Fitness invite you to

Ladies Night!

First Step
FITNESS

October 25th, 6:00-8:00pm @

First Step Fitness ~ 6 State St. ~ Groveton, NH

Bring your mothers, daughters, sisters and friends to enjoy a night out, complete with a tour of the fitness center, women's health information, and other activities. This is a **FREE** event.