

October is National Breast Cancer Awareness Month



You probably know that October is National Breast Cancer Awareness Month, but did you know that walking can help prevent breast cancer?

See, the National Breast Cancer Foundation Inc. even says so:

“ While most people are aware of breast cancer, many forget to take the steps to have a plan to detect the disease in its early stages and encourage others to do the same”

<http://www.nationalbreastcancer.org/breast-cancer-awareness-month>

Don't forget to take some steps at this month's Walk with a Doc!

Walk Location: Brookside Gardens, Wheaton MD – in front of Visitors' Center

*The Heart Smart Trail is a paved 1 mile loop- walkers of all ages and abilities are welcome. Strollers and wheelchairs are welcome. Unfortunately, only service dogs are allowed at Brookside Gardens.

Time: 3rd Saturday of each month, starting October 20th - 11am-12pm

Physicians: Dr. Asha Subramanian and Dr. Aruna Nathan

