



## Curves support for breast cancer awareness

Curves Cessnock raised more than \$1000 for breast cancer research during Breast Cancer Awareness Month in October.

A Girls Day In was held at the centre with stalls including Nutri-metics, Mary Kay, Intimo, Undercoverwear, Tupperware, Rawleighs and Partylite Candlewear all donating a percentage of sales and a gift for the monster raffle.

Local artist Julie McKay from Tilly's Gifts was there painting her personalised giftware. The girls' day continued into the night at a "Pink Cocktail Party" at the Cessnock Hotel.

October is Breast Cancer Awareness month - an initiative that hopes to raise awareness of breast cancer in the commu-

nity, and educate more women about the importance of being 'breast aware' and of living a cancer smart lifestyle.

"Breast cancer is one of the most commonly diagnosed cancers in women across the globe," said Curves Cessnock owner Natalie Williams.

"We at Curves are committed to improving the health of women in Cessnock."

Leading a cancer-smart lifestyle involving plenty of exercise and proper nutrition has proven important to reducing the lifetime risk of being diagnosed with breast cancer.

According to the National Cancer Institute, being overweight after menopause increases the risk of cancer by as much as 50 percent.



**IN THE PINK:** Curves Cessnock member Michele Adams and staff Natalie Williams and Denise Milne get in the Pink Ribbon Day spirit.