# Breast Cancer Awareness

October is National Breast Cancer Awareness Month. Breast Cancer is the most common cancer among American women. Well-U encourages women to receive mammograms regularly, greatly reducing the risk of dying from breast cancer.

## Important Reminder
- Don’t Forget To Get Your Flu Shot!

- **Well-U Flu Clinic Locations:**
  - College Town
  - Eastside YMCA
  - Mt. Hope Family Center
  - Rochester Tech Park
  - Facilities
  - Alumni & Advancement Center
  - Healthy Living Center
  - and many more!

### Schedule Appointment
- Visit [Well-U Flu Clinic](https://www.rochester.edu/well-u/enroll/) for a complete list of locations.

### Breast Cancer Awareness Events

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<th>Sunday</th>
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<td>**Farmers Market**&lt;br&gt;Flaum Atrium</td>
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<td>Pick Up Your BIB Rewards Card</td>
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<td>Health Bites&lt;br&gt;12-1 p.m. K307</td>
<td>Supervisor Series Topic #2&lt;br&gt;12:30-1:30 p.m. K307</td>
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<td>Guided Relaxation&lt;br&gt;12:15-12:45 p.m. Rochester Tech Park</td>
<td>PAWssitive Attitude&lt;br&gt;11:30 a.m. - 1:00 p.m. MAG</td>
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<td>Supervisor Series Topic #3&lt;br&gt;12-1 p.m. K307</td>
<td>Self-Defense&lt;br&gt;12-1 p.m. AAC</td>
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<td>Take Your Personal Health Assessment</td>
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### Fitness Classes

- **Monday**
  - \* Boot Camp • 12:00-12:50 p.m. • SRB Patio
  - **Yoga For Core** • 12:00-1:00 p.m. • River Campus
  - **Yoga** • 12:00-1:00 p.m. • AAC Auditorium
  - **Power Pump** • 5:15-6:15 p.m. • URMC Fitness Center
  - **Zumba** • 5:00-5:15 p.m. • O’Brien Dance Studio

- **Tuesday**
  - **Pilates** • 12:00-1:00 p.m. • MAG
  - **Yoga** • 12:00-1:00 p.m. • River Campus (Interfaith)
  - **Yoga** • 12:00-1:00 p.m. • Strong West
  - **Yoga** • 12:00-1:00 p.m. • HWH • Evarts Lounge
  - **Yoga** • 12:00-1:00 p.m. • College Town
  - **Boot Camp** • 12:30-1:30 p.m. • URMC Fitness Center
  - **Zumba Toning** • 4:30-5:30 p.m. • RTP Bldg. 5

- **Wednesday**
  - **Boot Camp** • 12:00-12:50 p.m. • SRB Patio
  - **Yoga** • 12:00-1:00 p.m. • MAG
  - **Yoga** • 12:00-1:00 p.m. • River Campus (Interfaith)
  - **Yoga** • 12:30-1:15 p.m. • ESM 603
  - **Yoga** • 12:00-1:00 p.m. • Brighton Business Center
  - **Zumba** • 5:30-6:30 p.m. • URMC Fitness Center

- **Thursday**
  - **Yoga** • 12:00-1:00 p.m. • Mt. Hope Family Center
  - **Yoga** • 12:30-1:30 p.m. • URMC Fitness Center
  - **Pilates** • 12:30-1:30 p.m. • URMC Fitness Center

- **Friday**
  - **Yoga** • 12:00-1:00 p.m. • Mt. Hope Family Center
  - **Yoga** • 12:30-1:30 p.m. • URMC Fitness Center

* Enroll on Well-U Enrollment Page ([rochester.edu/well-u/enroll/](https://www.rochester.edu/well-u/enroll/))
* Enroll on Inward Office Enrollment Page ([inwardoffice.com/uofr](https://www.inwardoffice.com/uofr))

To enroll in a program listed above, go to [www.rochester.edu/well-u/enroll/](http://www.rochester.edu/well-u/enroll/)