



Charles Drew Health Center

REACH Success Story

Breast Cancer Awareness and Zumba Party



Party in Pink

Breast Cancer Awareness and Zumba Party

On Thursday, October 15, 2015, 32 ladies participated in a Party in Pink Zumba Party at Charles Drew Health Center in Omaha, NE. We did Zumba for 45 minutes, had a light snack, and a 15 minute presentation on Breast Cancer Awareness. We also had drawings for fun prizes. Our theme was "Remember, Celebrate and Educate" and we did just that with lots of dancing, screaming and hugging. Everyone that participated has been impacted in one-way or another by breast cancer. Ms. Mary Jackson, 96 years young, attended the presentation; she wanted us to know that she is a breast cancer survivor.

We offer free Zumba to the community at Charles Drew Health Center. Our classes have been growing; we have been trending in the last 12 months from five ladies to 18 ladies per class. Our goal was to have 20 participants; it exceeded our expectations when thirty-two ladies arrived.

We remembered those family members or friends that we lost to breast cancer, we celebrated those that are still with us, and we educated on the importance of making healthy lifestyle choices and early screenings. We discussed the reality that African American Women have not experienced the same decline in breast cancer mortality as our Caucasian Sisters. Healthy lifestyle choices like eating a healthy diet, adding exercise to our routine, maintaining a healthy weight, and limiting alcohol are things that are in our control. Each participant received the book *Dr. Ann's Eat Right for Life - The Family Plan* by Dr. Ann G. Kulze. Many participants donated \$5 for the Susan G. Komen Breast Cancer Fund.

We danced, remembered, celebrated and educated! It was a great event!