

PRESS RELEASE:

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Media Manager: (828) 808-9742

Breast self-examination seminar offered at Pardee Health Education Center

(Hendersonville, N.C.) A breast self-examination seminar will be held on

Thursday, Oct. 20, from 10:30 -11:30 a.m. at Pardee Health Education Center, located in the Blue Ridge Mall.

October is National Breast Cancer Awareness Month and self-examination is one of the best defenses to early detection. During the seminar, women will learn the correct way to examine their breasts using silicone models. Those who participate will receive a free gift and door prizes will be available.

This event is free and open to the public. Registration is required by calling 1-866-790-WELL (9355).

[Pardee Hospital](#) is a not-for-profit community hospital founded in 1953. The main hospital is licensed for 222 acute care beds and is the second largest employer in [Henderson County](#). The hospital has several locations separate from the main campus, including an adult day services center, a health education center in the Blue Ridge Mall, home care services, a rehab and wellness center, a midwifery program, various family





Margaret R. Pardee Memorial Hospital
800 North Justice Street, Hendersonville, NC 28791

www.pardeehospital.org

and internal medicine practices, and an urgent care facility. For more information or to find a physician, call 1-866-790-WELL (9355) or visit www.pardeehospital.org.

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