

# step **up** to prevent breast cancer

## FREE CLASSES AT THE JENNY SCHATZLE PROGRAM

Women who exercise at least two and half hours a week have a lower risk of breast cancer, according to the American Cancer Society.

October is Breast Cancer Awareness Month, and Cottage Health is teaming up with Jenny Schatzle for a special event:

- Free one-hour fitness class with Jenny Schatzle
- Breast cancer prevention tips
- Sign-ups and information for breast cancer screening

**SATURDAY, OCTOBER 6, 2018**

Classes at: Noon and 1:30 p.m.

The Jenny Schatzle Program

211 W. Carrillo St., Santa Barbara, CA 93101

Space is limited!

Reserve your space today at [cottagehealth.org/stepup](http://cottagehealth.org/stepup)



 **JENNY  
SCHATZLE  
PROGRAM**

 **Cottage  
Health**