

## FoCaS

### COMMUNITY EDUCATION INTERVENTION

DATE	CLASS TOPICS	ATTEND.
DEC. 1993	Breast Self Exam	17
JAN. 1994	Breast Self Exam	60
FEB.	Breast Self Exam	20
MAR.	Breast Self-Exam	87
APR.	Breast Self-Exam / Pap Smears	6
MAY	NO CLASSES	
JUN.-(ALMA starts)	Pap / Mammograms (catch up all communities)	15
JUL.	Pap / Mammograms (catch up all communities)	86
AUG.	Pap / Mammograms (catch up all communities)	87
SEP.-(monthly schedules set)	Round 2 Pap Smears	124
OCT.	Breast Cancer Awareness Month (Mammogram - BSE)	86
NOV.	Breast Review with Fibrocystic Focus	90
DEC.	Christmas Party	95
JAN. 1995	Getting the Most for Your Money From Your Doctor	82
FEB.	Reynolds Health Center (Kim McMahon assisted)	98
MAR.	Cervical Cancer (Diagnosis and Treatment of Abnormal Pap Smears)	77
APR.	What Can We Learn From the Easter Story with emphasis on Spirituality and Health	89
MAY	Fire & Injury Proofing Your Home	98
JUN.	The ABC's of Healthy Eating	103
JUL.	Learning about the Food Pyramid	89
AUG.	Reading Food Labels	56
SEPT.	Let's Get Physical (Importance of Exercise)	80
OCT.	Breast Cancer Awareness Month with emphasis on BSE	84
NOV.	Understanding Mammography	48
DEC.	A Year End Review of previous months topics & (Christmas Party)	96

DATE	CLASS TOPICS	ATTEND.
JAN. 1996	Tracing Your Family Medical History	37
FEB.	Healthy Heart for a Healthy Life	83
MAR.	Is your House in Order? Organizing Important Records	84
APR.	Spirituality: The Power of Power	86

EXAMPLE

