



Surely, you can spare **JUST ONE HOUR** for your breast health.

October is Breast Cancer Awareness Month, a great time to remember that mammograms save lives. When breast cancer is found early enough, the survival rate is excellent - so take a little time right now to treat yourself to peace of mind.

As your partner for lifelong health, we provide 3D screening mammograms at two locations. Your visit will be quick, comfortable and close to home, and walk-ins are welcome every day at our LMH Health South location.

Take time for your breast health - call or visit us for a 3D screening mammogram today:

785.505.3300 or **lmh.org/3Dmammo**



Cannot afford a mammogram? Ask about vouchers for free mammograms available through the LMH Health Foundation.

A partner for lifelong health