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## **Tri-County Health Department Offers FREE Cancer and Heart Disease Screenings for Qualifying Women During Breast Cancer Awareness Month**

Tri-County Health Department's Peak Wellness program provides low-income, uninsured and under-insured women ages 40-64 with FREE screenings and referrals in an effort to prevent cancer, diabetes, heart disease and stroke.

The free visit to a Peak Wellness clinic includes blood pressure, cholesterol, blood sugar and body mass index tests to screen for heart disease and diabetes. Clients also receive a Pap test to screen for cervical cancer, a clinical breast exam, and they can schedule a free mammogram. Clients can also speak one-on-one with a Registered Nurse and a Registered Dietitian.

The program is intended to reduce the incidence of illness and death through early detection and treatment of diseases, and to encourage people to make healthy lifestyle choices.

"October is Breast Cancer Awareness Month, and it is a great opportunity to encourage women to take advantage of our free screenings," states Jeanne North, Director of Nursing Services. "With early detection, a woman can seek treatment or make lifestyle changes, and ultimately be healthy for herself and her family. If heart problems or cancer are detected, we provide referrals to free or discounted medical services, so that people can receive the follow-up treatments they need."

The Peak Wellness program is open to women ages 40- to 64-years old; who meet income guidelines; are legal US residents who live in Adams, Arapahoe or Douglas Counties; do not have health insurance or are unable to afford their deductible for insurance, or do not have insurance that covers a Pap test or mammogram; and should not have not had a Pap test or mammogram in the past 12 months.

The average clinic visit is 90 minutes and locations include Aurora, Castle Rock, Englewood and Northglenn. For more information or to make an appointment, call 303-363-3018 or visit their website at [www.tchd.org/peakwellness.htm](http://www.tchd.org/peakwellness.htm).

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