

October is Breast Cancer Awareness Month

A healthy diet and lifestyle can help reduce the risk of breast cancer. Eating a low-fat diet rich in fruits, vegetables, grains, and beans—while avoiding meat, dairy, and fatty animal products promote breast health.

EAT MORE PLANTS: Fiber from fruits, vegetables, grains, & beans is especially beneficial for breast health, because it helps eliminate excess estrogen. Many plant-based foods are also rich in vitamin C, beta-carotene, & selenium, which are linked to lower cancer risk.

DAIRY HAZARDS: Research shows that women who consumed 1/4 - 1/3 cup of cow's milk per day had a 30% increased chance for breast cancer. One cup per day increased the risk by 50%, and 2-3 cups were associated with an 80% increased chance of breast cancer.

RED/PROCESSED MEAT HAZARDSS: Studies show red and processed meat, like hot dogs and bacon, can increase breast cancer risk. They also found that pre-menopausal women who ate the most red meat had a 97 percent higher risk of a common type of breast cancer.

BENEFITS OF SOY: After a diagnosis of breast cancer, women who eat more soy-based foods have a better chance at a long, healthy life. They are less likely to have a recurrence and less likely to die from breast cancer than women who skip soy.

[FULL ARTICLE](#)

HAMILTON Y RECOGNIZED FOR TORNADO RELIEF

Congrats to the Hamilton Family Y for receiving the **Governor's Award of Excellence** for their work in response to the Easter 2020 Tornado!

"Your willingness to serve as a place of refuge for those displaced by the storms providing food, medical care, volunteers and personal items reflects your values and commitment to serving your community... Governor Bill Lee thanks you for your dedication and service to your community as you live out your mission and share God's love."

- Dave Worland, Executive Director, The Governor's Office of Faith-Based and Community Initiatives

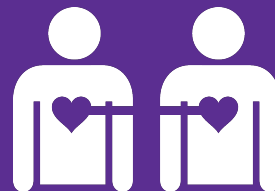


Staying Connected in a Healthy Community

has never been more important. Sharing of classes, news, support, wellness and healthy living tips is needed by all during this time. Maybe you are in need of REDEFINING WELLNESS. Or perhaps you have a fellow friend who needs help during this time. All are welcome on our YMCA REDEFINE WELLNESS Facebook Group. There is content, support and tips for everyone!

QUESTIONS OR SUGGESTIONS? LET'S SHARE!

What is one thing that is helping you through this challenging time? Please email your answer to mvermeer@ymcachattanooga.org



Real Pumpkin Spice Soy Latte

Ingredients

- 1 c. brewed coffee or espresso
- 1 c. of plain unsweetened soy milk
- 3 tbs. canned or pureed pumpkin
- 1/2 tsp. cinnamon
- 1/4 tsp. clove
- 1 tbs. pure maple syrup

Instructions

Add all ingredients to a small pot. Heat only to warm. for a few minutes while whisking.

Remove from heat and pour into 2 mugs. ENJOY!



MEMBER NEWS:

- **Welcome Back Guests!** Guests passes resume beginning Oct. 1. As a reminder, members are permitted to bring a guest up to 3 times per calendar year. Call your Y location for more info.
- **Rec Swim is Back!** Recreational swim resumes beginning Oct. 12. Be sure to check your branch reservation links on our website or call your Y to learn capacities and process.

FALL FRIENDS CAMPAIGN OCT. 12- NOV. 20



FRIEND the Y this FALL!
Friends don't let friends miss out!

Refer a friend for 3 FREE visits!
When your friend joins the Y, you earn
ONE FREE MONTH OF MEMBERSHIP*

Redemption of free month to be applied after guest has been a member for 3 months. For more information, visit the front desk.



OCT. 17-31

VIRTUAL COSTUME CONTEST*

Get creative & fun & show off your costumes!

For more information including submission emails, contest rules and categories, [visit our website.](#)