



## Spotlight

### 5th Annual Liz Hurley Ribbon Run

Saturday, October 18

Corner of Lowe Avenue and  
Adams St.

Join the fight to save lives!  
Form a team to raise funds  
in support of the Liz Hurley  
Breast Cancer Fund at  
Huntsville Hospital Foundation.

Call 265-8077 or visit  
[lizhurleyribbonrun.org](http://lizhurleyribbonrun.org) for  
more information.



## October is Breast Cancer Awareness Month

Research shows that just 1/2 hour of brisk walking five days a week can reduce your risk of developing breast cancer by nearly 20 percent. While physical activities such as walking may reduce your risk, we still don't know how to prevent breast cancer. That is why early detection through yearly mammograms, yearly clinical breast exams and monthly self breast exams is so important.

The Breast Center at Huntsville Hospital, with education and screening/diagnostic services including all-digital mammography and Breast MRI, is a Breast Imaging Center of Excellence.

Please make time to schedule your physical every year and if you're over age 40, get a mammogram. For more information about services provided at the Breast Center at Huntsville Hospital, call 265-7130 or visit [huntsvillehospital.org/womenchildren/breastcenter](http://huntsvillehospital.org/womenchildren/breastcenter).

*Source: Tameron Harvell, RN, MSN, CFNP, Breast Health Specialist at the Huntsville Hospital Breast Center*

### Take strides toward better health when you participate in a Huntsville Hospital Walking Club. There are three options to get you moving!

*Outdoor enthusiasts:* The 3/4 mile Huntsville Hospital Walking Trail at Bridge Street Town Centre circles both lakes and provides a beautiful open-air experience.

*Just for Mommies:* Stretch and Stroll at Parkway Place provides an opportunity for new Moms to get in shape, spend time with baby and meet other Moms.

*Come one, come all:* The Trailblazers Walking Club at Parkway Place is open to everyone who wants to walk their way to a healthier lifestyle.

For more information about how to get started, call Huntsville Hospital Public Relations at 265-8317 or visit [huntsvillehospital.org/walk](http://huntsvillehospital.org/walk).

## Black Bean Dip (<http://healthycooking.suite101.com>)

1 15-ounce can black beans, rinsed & drained	1/2 cup low fat sour cream
1 red pepper, diced finely	1/4 cup chopped fresh cilantro
1/2 cup prepared salsa	
2 tablespoons lime juice	

Combine all ingredients in a food processor, mixing until smooth. Chill until ready to serve. **For a festive Halloween treat, serve with sliced orange bell pepper on the side. (Makes 20 servings. Per serving: 37 calories, 0 g total fat).**

Media Sponsors:

lite 96.9

NEWS  
CHANNEL 19

The Huntsville Times  
ENJOY!