

The Maurer Foundation Announces Grant From the Roslyn Savings Foundation

The Maurer Foundation for Breast Health Education, has been awarded a grant of \$9,000 from the Roslyn Savings Foundation to expand its High School Breast Health Program. Instituted in 1998, the High School Breast Health Program is the Maurer Foundation's flagship initiative. Because risk factors for breast cancer and other chronic diseases are closely associated with lifestyle choices – such as diet, physical activity level, and tobacco use – the High School Breast Health Program targets juniors and seniors in high school who, in adolescence, are still forming the health habits that they will carry throughout adulthood. Students learn not only the positive steps they can take toward early education, but also the importance of maintaining good health habits that have been proven to decrease their risk for not only breast cancer,

but also many other chronic diseases. (This successful program benefitted 11,828 students in the 2004-2005 school year alone).

The Roslyn Savings Foundation grant will go toward bringing the High School Breast Health Program to new audiences, targeting in particular high need, medically under-served communities in Long Island. "Women in many of these communities are at greater risk for developing breast cancer, noted Kim Rozzi, executive director. "The good news is that many of the lifestyle factors that place all women at greater risk for breast cancer can be controlled through simple changes in diet, physical activity, and alcohol and tobacco use. We are grateful to the Roslyn Savings Foundation for helping us to bring this potentially lifesaving information to many more of the students who need it most."

For more information on The Maurer Foundation and the High School Breast Health Program, please visit www.maurerfoundation.org or call 1-(800) 853-LEARN.

The Maurer Foundation for Breast Health Education is a 501 (c)(3) organization founded in 1995 by Virginia Maurer, MD. Dr. Maurer, a breast surgeon, recognized the need among her patients for a better understanding of breast cancer - its symptoms, diagnosis, treatments, and most importantly, breast cancer prevention and

its relationship to lifetime good health practices. Addressing women in schools, community organizations, places of business and through media outlets the Foundation's up-to-date educational programs are aimed at dispelling myths and allaying fears about breast cancer, while filling the knowledge gap that exists about maintaining breast health. The Maurer Foundation is an independent organization with a volunteer board of directors and a small professional staff. Dr. Maurer currently serves on the medical advisory panel.

Learn Chinese

Learn Chinese in adult education classes every Sunday at the Chinese School from 11:30 a.m. to 12:30 p.m. Farmingdale area. \$8 per class; \$80 for 10 classes. Call 829-6825.