

DONATE

zero breast  
cancer

## Targeted advocacy helps make our water safer!

Water pollution can come from a variety of sources, and can have a dramatic impact on the communities that drink it. One pollutant in particular, as detailed by Arlene Blum and her team at the Green Science Policy Institute, was found in fire-fighting foam that was used during training exercises in the area.

Thanks to their advocacy, the U.S. Air Force will switch to using water instead of the highly fluorinated chemicals. This is estimated to impact up to 6 million Americans! Simply switching out these chemicals in training exercises on military bases and airports will make a big difference.

Arlene continues to travel the world educating about the ways we can reduce our chemical exposure. Let's hope this success sets an example to other communities so that we can all be protected from the harmful chemicals in fire-fighting foam! Check out <http://greensciencepolicy.org/> to learn more!



Read More!

## Also in this edition:

- [ZBC is now reviewing books!](#)
- [Dipsea Hike for Zero Breast Cancer](#) on October 8, 2016
- [Cavallo Point](#) on October 13, 2016
- [Wine, Women & Song](#) on October 22, 2016
- [Speaker Series](#) on October 24, 2016



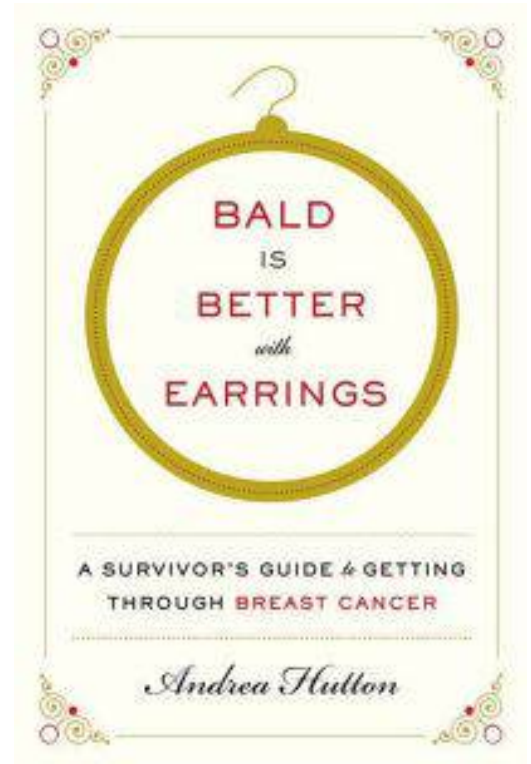
# New! ZBC Blog Book Review

## This month we publish the first of our book reviews!

There are thousands of books out there on the topic of breast cancer. Many researchers, survivors and family members of survivors share their books with us. The least we can do is read them and share with you which ones we think will be of interest and why.

We are excited to begin our monthly book review blog with a real gem!

"Bald is Better with Earrings" by Andrea Hutton, is a highly readable personal account by a breast cancer survivor and is full of wisdom and humor. Check out our blog [here](#) to learn more!



## Only Two Weeks Away Now!

We are in the news. Click on the image below to read more.

Register now and start fundraising!

# DIPSEA HIKE FOR

zero breast  
cancer

October 8 at 8 a.m. Old Mill Park, Mill Valley  
[zerobreastcancer.org](http://zerobreastcancer.org)

## ACT NOW...

... to support breast cancer prevention  
in the next generation.

Go to  
[zerobreastcancer.org](http://zerobreastcancer.org)  
and register now!

### THANK YOU!

**Saturday, Oct. 8 at 8 a.m.**  
**Old Mill Park in Mill Valley**

Hike beautiful Mt. Tam. with your team or solo.  
Do something good for yourself and support  
teen health and wellness education awareness  
about breast cancer risk reduction.

Visit our website to learn more about  
how you can get involved  
and make a difference!

- ✓ Register
- ✓ Sponsor
- ✓ Donate
- ✓ Volunteer

Questions? **415-507-1949** or  
[dipsea@zerobreastcancer.org](mailto:dipsea@zerobreastcancer.org)

zero

breast cancer

30 North San Pedro, Ste. 160  
San Rafael, CA 94908



## This October; fun, friends, education and more ways to support us!

**THURSDAY OCTOBER 13, 2016**

**@ 6 p.m., 'BFF Night' at Cavallo Point  
The Mercantile & Art Gallery**

Think pampering and fun! More information about  
this event and how to purchase tickets coming  
shortly. Visit [here](#) soon!



**cavallopoint**

the lodge at the golden gate



# 18th Annual Wine, Women & Song Benefiting Zero Breast Cancer

**SATURDAY OCTOBER 22, 2016**

**@ 7 p.m., Trek Winery, Novato.**

Wine, Women & Song raises money for the fight against breast cancer. This delightful annual event features an intimate evening of song with Sherrie Phillips Band, The Dolly Mamas, and Susan Z with MC Renee Richardson and special guest Michael Pritchard. Light fare will be served.



Tickets available at [winewomensong.bpt.me!](http://winewomensong.bpt.me!)

Even if you aren't available that evening you can provide an opportunity for a breast cancer survivor to attend by sponsoring a ticket. That would mean so much!

## Speaker Event presented by ZBC and Marin General Hospital

**MONDAY OCTOBER 24, 2016**

**@ 6:30 P.M., 1350 S. Eliseo, Greenbrae.**

**Join us to learn more about the role of social support in breast cancer survival!**

*Panelists;*

- **Candyce Kroenke, ScD, MPH**, an epidemiologist and Research Scientist at the Kaiser Permanente Division of Research
- **Dr. Alan M. Kramer**, a practicing oncologist and Clinical Professor of Medicine at USCF
- **Susan Giacomini Allan**, president and executive producer of Essanay Film & Television

*Moderator;*

- **Sandy Schindler, LCSW**, Oncology Social Worker at the Center for Integrative Health and Wellness at Marin General Hospital as moderator

Click on the image below to read more about our experts!

zero breast cancer



MARIN GENERAL HOSPITAL



## The role of social support in breast cancer survival: a conversation

Monday October 24<sup>th</sup>  
6:30pm – 8pm

1350 S. Eliseo Dr  
Greenbrae CA 94904  
Please find us in The Atrium

Zero Breast Cancer helps individuals and communities understand scientific research on environmental risk factors and lifestyle variables that influence breast cancers. We promote disease prevention through targeted communication of evidence-based recommendations that support health and wellness at key stages of life.

**We envision a world with zero breast cancer!**

[Visit Our Website](#)

STAY CONNECTED:

