

# Lecture about breast health

On Oct. 5 from 5:30-6:30pm, Ahrin Koppel, a doctor at Tahoe Forest Cancer Center, will talk about how "Breast Health, Knowledge is Power".

The free health talk is at the Tahoe Center for Health and Sports Performance building located at 10710 Donner Pass Road, Truckee.

Koppel will discuss the importance of knowing your family breast history and how to best educate yourself if you are a descendant of a relative who had or has breast cancer. Women aged 40 and older are recommended to have a clinical breast exam and mammogram annually.