

## Brown Bag Book Club Meeting to Feature Local Author Sandy Bruney

The Brown Bag Book Club will meet on Monday, September 19 at 12:00 noon in the Pritchett Room at the Hampton B Allen Library for a covered dish lunch and author talk. The author is Ansonian Sandy Bruney, and she will speak on her newest book, *A Question of Time*, as well as others she has written. Sandy is a North Carolina writer who is fulfilling a life-long dream to see her words in print. She writes about women - their hopes, their disappointments, their happy-ever-afters. Her heroines are strong women who only need to recognize their potential, and her heroes are men who are strong enough in their own right not to be intimidated. Whether in contemporary or historical setting, or even in a purely imaginary world, her heroines seek and find meaning to their lives and discover love along the way. Please enjoy the food (bring a dish), fellowship, bring a spouse or friend and hear Sandy speak - you will be glad you came. She is amazing. If you have any questions or need additional information please call the library at 704-694-5177.

### Answer to Cancer Free Cooking Seminar is Sunday

You have a great opportunity to learn how to avoid and fight against cancer naturally. Also learn how to put together meals that will bust the fat, reverse diabetes, heart disease, cancer, arthritis, high cholesterol, and high blood pressure! Come learn more at the next healthy living and cooking classes at Pathway to Peace Ministries this Sunday, September 18, from 3 to 5 p.m. What is the cost? Free! And, you will also be able to eat dinner with them. Pathway to Peace is located on Highway 109 South, 2 miles past Deep Creek Road, going towards Mt. Croghan, SC. (11775 NC 109 South, Peachland, NC). For more information call 704-695-1441. Don't put it off anymore, your health depends on it!

### Monthly Meeting for Those with Children with Behavioral or Emotional Challenges

Connections Family Support Program hosts a monthly family support group the third Tuesday of each month. This is a time for those with children who have behavioral or emotional challenges to share their experiences and learn from others, while obtaining support and resources. The next meeting will take place on Tuesday, September 20, from 10 to 11:30 a.m. at the Hampton B. Allen Library in the Bookmobile Room. The meeting is free and refreshments will be provided. Contact Suzanne Maness at (910) 627-1769, toll free (877) 211-5995, or by email at [connectionsfsp@gmail.com](mailto:connectionsfsp@gmail.com) to register. The deadline to register is Friday, September 16.

## BREAST HEALTH EDUCATION

CAROLINAS HEALTHCARE SYSTEM - ANSON

### Free Mammograms

Levine Cancer Institute is providing uninsured women of Anson County a mammogram with no out-of-pocket cost. To qualify:

- Women must be 40 years or older
- Must not have insurance
- Must not have Medicare or Medicaid
- Must be one year since last mammogram
- Must not be pregnant or breast-feeding
- Must have no new breast lumps/problems (contact your doctor now if you have breast problems)

### Breast Health Awareness

Breast cancer is one of the most common cancers that a woman may face in her lifetime.

- 1 in 8 women will get breast cancer
- Breast cancer can happen at any age
- Your chances of getting breast cancer increase as you get older
- A mammogram can find breast cancer at an early stage that makes treating it easier

To find out more about breast cancer and to see if a **free** screening test is right for you call:

Latoya Mallard at 828-446-6344  
or email  
[Latoya.Mallard@carolinashhealthcare.org](mailto:Latoya.Mallard@carolinashhealthcare.org)

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## Don't let leg pain slow you down.

**Pain                      Discoloration**  
**Aching                Burning Sensation**  
**Numbness             Swelling**  
**Are all symptoms of Peripheral Arterial Disease (PAD)**

One in every 20 Americans over the age of 50 suffers from PAD - a condition caused by plaque or fatty deposits in the arteries that limit blood flow to the legs and feet. This puts them at greater risk for heart attack, stroke and limb loss.

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**METROLINA**  
**SURGICAL SPECIALISTS**  
 Now Accepting New Patients

**Call (704) 226-0531 for your PAD assessment today!**