

WOMEN'S WELLNESS NETWORK

October 2026 NEWSLETTER



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EVANS + TATTNALL



About Women's Wellness Network

The purpose of the Women's Wellness Network (WWN) is to improve health outcomes for underserved women in rural southeast Georgia, specifically Appling, Candler, Evans and Tattnall Counties, by engaging community stakeholders to develop and implement strategies and activities that improve access to preventive health and wellness services and resources.

If you have any questions about the Network, contact Tanesha L. Slocumb, Program Manager, at t.slocumb@sharehealthsega.org.

UPCOMING EVENTS

• Bump & Beyond Community Baby Shower

Join local families and community partners for a Community Baby Shower featuring pregnancy and parenting education, maternal health resources, free diapers and baby items, giveaways, refreshments, and more.

Saturday, October 17, 2026 | 11 AM–1 PM

Honey Bowen Building | Statesboro, GA

For questions: bullochcountyfamilyconnection@gmail.com

912-764-6179. **All are welcome!**

• Virtual Dementia Tour®

Experience a guided simulation designed to build understanding and empathy for people living with dementia.

Wednesday, October 28, 2026 | 1–3 PM

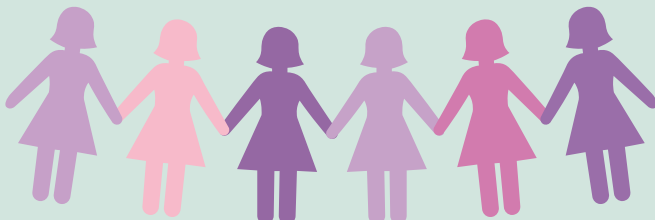
Tattnall County Senior Center

144 W Brazell Street, Reidsville, GA

Registration:

Contact Suzanna Foster at 912-557-6032.

Space is limited and advance registration is encouraged.



UNIVERSITY OF GEORGIA
EXTENSION



BREAST CANCER AWARENESS MONTH

A Night Out for Her



October 13th, 2026



5:30–7:00 PM



Evans County Community
720 Church Street
Claxton, GA 30417

Contact Ashleigh Geurin at
ageurin@uga.edu for more information
912-739-1292

Join us for an educational panel
about the importance of early
detection and screening, free blood
pressure checks, as well as resources
available in Evans County.



EVANS MEMORIAL
HOSPITAL



@womenswellnessnetworkGA/



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WWN New Partners, and New Connections!

WWN has always been small but mighty and our latest Network meeting proved just that. Though activities have been a bit slow following our amazing Community Resource Worker (CRew) training this Spring, we saw a record number of new partners join us for the August WWN meeting. This meeting was hosted by Evans Memorial Hospital where 16 partners joined us to learn from a new partner, discuss CRew training updates and the resource guides, and share any partner updates. Joining us for the first time were two representatives from Georgia CORE, a nonprofit working in many different ways to strengthen the fight against the state's second-leading killer, cancer. Georgia CORE has started the Southeastern Rural Cancer Care Network, a network providing three primary services to improve the quality of cancer care in rural Georgia:

- Patient navigation services and coordinated care.
- Patient access and enrollment to clinical trials.
- A process for developing and implementing sustainable strategies of care that may be replicated in other under-resourced areas of the state.

We were also joined by three new partners from Tattnall County, Tattnall County CARES and AJ's Counseling and C5 Entertainment, both from Glennville, where we have not had much engagement thus far. We continue to strive to increase our partnerships so that all health and social sectors are reflected in our Network membership. We look forward to the continued work of the WWN. Stay tuned!

October Women's Health Observances

- **Menopause Awareness Month**

Menopause Awareness Month encourages conversations and education about menopause, its symptoms, and women's health during the transition through midlife.

- **Pregnancy and Infant Loss Awareness Month**

This observance honors families who have experienced pregnancy or infant loss and helps raise awareness, understanding, and support for those grieving.

- **National Mammography Day | October 16**

National Mammography Day encourages women to prioritize breast health and serves as a reminder about the importance of mammograms and early detection.

- **World Menopause Day | October 18**

World Menopause Day raises awareness about menopause and encourages education and conversations about women's health throughout the menopausal transition.

- **World Osteoporosis Day | October 20**

World Osteoporosis Day raises awareness about osteoporosis and the importance of protecting bone health, particularly as women age and move through menopause.





October is Breast Cancer Awareness Month

Know Your Risk. Know Your Body. Get Screened.

October is Breast Cancer Awareness Month, a time to raise awareness about breast cancer, encourage early detection, and remind women to prioritize their breast health. Breast cancer is the most common cancer among women in the United States after skin cancer. While some risk factors cannot be changed, knowing your personal risk and staying up to date with recommended screenings can help you take an active role in your health.

Early Detection Matters

Breast cancer does not always cause symptoms in its early stages. Mammograms can detect breast cancer before a lump or other symptoms develop, making regular screening an important part of early detection. For women at average risk, the U.S. Preventive Services Task Force recommends a mammogram every two years from ages 40 through 74. Women with a higher-than-average risk may need a different screening plan, so talk with your healthcare provider about what is right for you.

Get Familiar With Your Body

Get familiar with how your breasts normally look and feel, and talk with your healthcare provider if you notice a change that concerns you.

Possible signs of breast cancer include:

- A new lump in the breast or underarm
- Thickening or swelling of part of the breast
- Dimpling or irritation of the breast skin
- Redness or flaky skin around the nipple or breast
- A nipple that pulls inward
- Nipple discharge other than breast milk, including blood
- A change in the size or shape of the breast
- Persistent pain in the breast or nipple area



Once a month, 2-3 days after periods



Examine breast and armpit with raised arm



Use fingerpads with massage oil or shower gel



Up and Down



Wedges



Circles



Examine breasts in the mirror for lumps or skin dimpling...



...change in skin color or texture...



Nipple deformation, colour change or leaks of any fluid

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SAVE THE DATES!

MENTAL HEALTH FIRST AID TRAININGS

YOUTH MENTAL HEALTH FIRST AID

NOVEMBER 3, 2026

9:30AM-4:00PM

**APPLING COUNTY SHERIFF'S OFFICE
560 BARNES ST, BAXLEY, GA 31513**

MENTAL HEALTH FIRST AID

DECEMBER 3, 2026

9:30AM-4:00PM

**APPLING COUNTY COMMISSIONERS ROOM
69 TIPPINS STREET, BAXLEY, GA 31513**



Stay tuned for event updates and registration information!

GEORGIA NURSING LICENSURE RENEWAL

THE GEORGIA BOARD OF NURSING DEEMS MAGNOLIA COASTLANDS AREA HEALTH EDUCATION CENTER AS AN ACCEPTABLE PROVIDER FOR CONTINUING EDUCATION (CE). THIS ACTIVITY IS APPROVED FOR 8 CE HOURS TOWARD THE CONTINUING COMPETENCY REQUIREMENTS FOR GEORGIA LICENSURE RENEWAL. NURSES SHOULD ONLY CLAIM CREDIT COMMENSURATE WITH THE EXTENT OF THEIR PARTICIPATION.