



NEW YORK STATE SENATOR

Patty Ritchie

# **RITCHIE, CLAXTON-HEPBURN MEDICAL CENTER TEAM UP FOR “WOMEN’S WELLNESS EVENING”**

[Patty Ritchie](#)

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ISSUE:

- [Women](#)
- [Health](#)

# WOMEN'S WELLNESS EVENING



State Senator Patty Ritchie and Claxton- Hepburn Medical Center are teaming up to host a free “Women’s Wellness Evening” on November 18th that will feature free breast cancer screenings, lung cancer screenings, presentations on women’s health and more.

The event—which is being made possible through \$15,000 in special funding secured by Senator Ritchie—will take place from 4:30 p.m to 8:30 p.m. at Claxton-Hepburn Medical Center, located at 214 King St. in Ogdensburg. Doors will open at 4:00 p.m., and a special presentation on breast health by Dr. Himani Singh will begin at 7:30 p.m.

“From screenings to getting up to speed on vital wellness information, there are so many steps we can take as women to improve our health,” said Senator Ritchie.

“As studies have shown, having regular health checks can reduce one’s chances of dying of diseases like breast cancer. I’m excited to partner with Claxton-Hepburn Medical Center to host this free event, which will help women access the information and screenings they need to live healthy lives.”

“We are excited to partner with Senator Ritchie to offer this event that will provide education and prevention to the women in our community,” said Laura Shea, director of community relations and the Claxton-Hepburn Medical Center spokeswoman.

In addition to free breast and lung cancer screenings, the event will also feature the following:

- Acupuncture;
- Iridology;
- Cholesterol, blood pressure and body mass index screenings;
- Chiropractor adjustments;
- Tips from experts on better understanding food labels;
- Information on how to successfully quit smoking; and
- Opportunities to meet providers

Those interested in receiving a breast or lung cancer screening must preregister by calling (315) 713-5251. For breast cancer screenings, women who are over 40 and never have had a breast exam or are overdue due to a lack of insurance are eligible. Uninsured women 50 and over with a 30 pack year history of smoking are eligible for the free lung cancer screenings.

The Women's Wellness Evening continues Senator Ritchie's effort to promote women's health in the region she represents. Last month, she sponsored "The Power of Pink," a special event taking place at Oswego Health that featured free mammograms and clinical breast examinations, as well as a special presentation by experts on prevention and treatment.