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Council Speaker Christine C. Quinn, First Deputy Mayor Patricia E. Harris Announce Free Breast Health Education for All City Workers

***The Maurer Foundation will provide free workshops to over 300,000 City Employees and to
CUNY students on seven CUNY campuses***

City Hall, October 16, 2007 – Council Speaker Christine C. Quinn, in partnership with First Deputy Mayor Patricia E. Harris, The Maurer Foundation, the NYC Commission on Women’s Issues and the City University of New York (CUNY), announced free breast health education workshops for all city employees and CUNY students to be conducted in municipal buildings and on seven CUNY campuses throughout the coming year. The program was kicked-off today with a breast health education workshop conducted by The Maurer Foundation for City Council staff members at City Hall. The event is part of *NYC Women First*, a yearlong women's health campaign designed to encourage women to make their health a priority in their daily lives.

“Unfortunately, breast cancer is the most common cancer among women. Yet the simple truth is that our best defense against breast cancer is early detection,” said **Speaker Quinn**. “The path to good health starts with a workshop like this, today for the women of the City Council, tomorrow for CUNY students and City employees across the five boroughs. These workshops, as part of NYC Women First, send a strong message that good health can start with *you*.”

“The Bloomberg administration has made the health of women and all New Yorkers a priority,” said **First Deputy Mayor Harris**. “Over 5,000 women are diagnosed with breast cancer every year in New York City and early detection and treatment is key to increased survival rates. These workshops will both raise their awareness and offer important information on how to reduce risk factors for thousands of women, who too often take their own health for granted.”

“The Maurer Foundation is delighted to have the opportunity to conduct breast health education programs for City employees and CUNY students,” said **Dr. Virginia E. Maurer, founder of The Maurer Foundation**. “Education about the prevention and early detection of breast cancer is a vital, life-saving tool, and we look forward to continuing to partner with Speaker Quinn, Deputy Mayor Harris, and CUNY to raise the level of breast cancer awareness with as many individuals as possible.”

“CUNY has over 400,000 students and 62% of the student body is represented by women. We are excited about this initiative to promote women’s health and empower women to take care of themselves,” said **Dr. Garrie W. Moore, Vice Chancellor for Student Affairs for The City University of New York**, who was joined by **Kingsborough Community College President Regina S. Peruggi**. “To contribute to academic success and personal growth at CUNY, we are committed to making quality health education available to all of our students. We are pleased to have this opportunity partner with the City Council, the NYC Commission on Women’s Issues, and The Maurer Foundation to promote breast health education on our campuses.”

NYC Women First is an initiative of the
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The Maurer Foundation provided training today to over 75 City Council employees on the importance of early detection and the most effective methods to detect breast changes. The Foundation also covered the ways women can reduce their risk for breast cancer by minimizing environmental risk factors, maintaining a healthy diet, and staying active. The workshop also included a hands-on demonstration using silicone breast models.

Early detection is the key to beating breast cancer. According to MammaCare, over 80% of lumps are found by women themselves. The American Cancer society reports that when breast cancer is discovered early, the five-year survival rate is 98%. Cancer has been the second leading cause of death among New York City women for several years, accounting for nearly one-fourth of all deaths citywide in 2005. Approximately 5,000 women are diagnosed with breast cancer annually in New York City. For more information about breast health education and free breast health workshops, visit <http://www.maurerfoundation.org/>.

The Maurer Foundation, founded by local breast surgeon Dr. Virginia E. Maurer, offers free educational programs throughout the City and is dedicated exclusively to the prevention and early detection of breast cancer. Through its free educational programs, The Maurer Foundation has educated nearly 120,000 individuals since 1995.

Today's event is part of *NYC Women First*, a yearlong women's health awareness campaign. Earlier this month, Speaker Quinn launched the campaign in partnership with the Department of Health and Mental Hygiene, the Health and Hospitals Corporation, and the NYC Commission on Women's Issues. Each month in the coming year, *NYC Women First* will reach out to women across the city, educating them about a specific women's health risk and creating a dialogue on the ways New York City's women can maximize their health. For further information about *NYC Women First* and upcoming events, visit <http://www.nycwomenfirst.org/>.

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