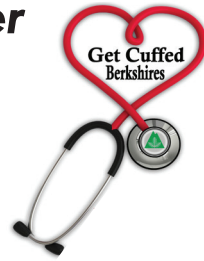


# Blood Pressure Screening Clinics

## OCTOBER

## Breast Cancer Awareness



October is Breast Cancer Awareness Month and annual mammograms can detect breast cancer in its earliest stages when it is most treatable. To schedule a mammogram in Pittsfield or North Adams, call Central Scheduling at: 413-447-2451. To schedule a mammogram in Great Barrington, call Central Scheduling at: 413-854-9616. To learn about other preventative screenings and healthy lifestyle tips visit a Berkshire Health Systems Clinician at any of the blood pressure clinics listed below.

Every Wednesday	Friendship Center, 43 Eagle St., North Adams	9:30am – 11:30am
10/1	Hinsdale Health Fair, Hinsdale Fire Station, 95 Maple St.	11:00am-2:00pm
10/2	Christian Center, 193 Robbins Ave., Pittsfield	9:30am-10:30am
	Soldier On, 360 W. Housatonic St., Pittsfield	11:30am – 12:30pm
	Walmart, 555 Hubbard Ave., Pittsfield	3:00pm-4:00pm
10/3	People's Pantry at St. James Place, 342 Main St., Great Barrington	9:00am – 10:30am
	Dalton COA, 40 Field St.	11:00am-12:00pm
10/5	North Adams Farmers Market, 10 St. Anthony Dr.	9:00am-1:00pm
10/8	St. Joe Court, 85 Eagle St., North Adams	9:30am – 10:30am
	Holy Family Terrace, 611 State Rd., North Adams	11:00am -12:00pm
	River Run Apartments, 600 Main St., Dalton	12:30pm-1:30pm
10/10	Berkshire Athenaeum, 1 Wendall Ave., Pittsfield	10:00am-11:00am
	Sheffield Senior Center, 91 Main St.	10:00am -11:00am
	New Marlborough Town Hall, 807 Mill River Southfield Rd.	12:30pm – 1:30pm
	Monterey Town Hall, 435 Main Rd., Monterey	2:00pm-3:00pm
10/12	Harvest Festival at the First Street Common, 100 First St. Pittsfield	9:00am-1:00pm
10/15	Claire Teague, 917 Main St., Great Barrington	10:30am-11:30am
10/16	Berkshire Food Project, 134 Main Street, North Adams	11:30am-1:00pm
	North Adams Housing Authority, 150 Ashland St.	2:00pm-3:00pm
10/22	Lanesborough Town Hall, 83 North Main St.	9:00am - 12:00pm
10/23	South Congregational Church Food Pantry, 110 South St., Pittsfield	8:00am – 9:00am

Matter of Balance is an 8-class program designed to reduce the fear of falling and increase activity levels among older adults. Upcoming classes start:

October 3rd at Lenox Family Health

October 8th at the Ralph Froio Senior Center

Pre-registration is required as class size is limited. Please call (413) 445-7028

All clinics are subject to change.

Please contact Community Outreach to confirm (413) 445-7028 or [mmcgonagle@bhs1.org](mailto:mmcgonagle@bhs1.org)



Berkshire  
Visiting  
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The homecare division of Berkshire Medical Center



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