

You're receiving this email because of your relationship with Mautner Project: The National Lesbian Health Organization. Please [confirm](#) your continued interest in receiving email from us.

You may [unsubscribe](#) if you no longer wish to receive our emails.



Happenings at Mautner: *October is National Breast Cancer Awareness Month*

October 16, 2008

Now Live - Visit
Our BIG LOVE
Website!



BIG LOVE

*Our 19th Anniversary
Gala*

*Valentine's Day
Dinner and Dance*

February 14, 2009

6:30 PM - 1:00 AM

Omni Shoreham Hotel

2500 Calvert St. NW

Washington, DC 20008

Ticket Price: \$200

Featuring

A special performance by
BETTY, who have been
featured on The L Word!

And

The Return of the **BIG
DANCE**, with music by
jame' foks, DJ JFX

We are very excited to
announce the launch of
the [BIG LOVE website!](#)

National Breast Cancer Awareness Month Love Your Body - Celebrate Breast Health



These days, it seems like everywhere you look, something is going pink for breast cancer awareness. The attention is well deserved, as breast cancer affects more women than any other cancer. So what can you really do to help the cause? There are no substitutes for getting screenings that may save your life, and helping the women you love do the same! Here are a few steps every woman should take to help maintain her breast health.

- **Breast Self-Exam** is an important tool for getting to know your body. Do BSE every month to learn more about what's normal for you, and bring anything unusual to your health care provider's attention. Susan G. Komen for the Cure has a great interactive Breast Self-Awareness tool [online](#).
- Have an **Annual Mammogram** beginning at age 40. If you have a family history of breast cancer, your doctor may recommend a mammogram or another screening method starting as early as age 35.
- **Risk Reduction:** We do not know what causes breast cancer, and there is no way to guarantee that it will not affect you. But some research shows that women who exercise regularly, eat plenty of vegetables and fruits, and drink alcohol only in moderation may be less likely to develop breast cancer. In other words, taking good care of your body in ways that make you feel better and help prevent chronic disease can't hurt! Love your body!

The Mautner Project is here to support lesbian, bisexual, and transgender women who partner with women in leading healthy lives. You can visit our website for more [information](#) and [resources](#) related to breast cancer. We can also help you locate resources in your local community, whether you need to find a care provider who is LBT-friendly, or you are seeking support after a diagnosis or as a caregiver. We encourage you to [email us](#) or give us a call at 202.332.5536.

Click today to buy your ticket or to become a table captain, sponsor, or volunteer.

Your participation, whether it is through sponsorship, auction donation, in-kind donation, or program advertisement, will help raise funds to improve the health and well-being of all women who partner with women and their families through direct care services; the education of healthcare providers; community outreach and education; and research, advocacy and activism. For more information, please contact Jeanie Adkins at jadkins@mautnerproject.org.

In honor of National Breast Cancer Awareness Month, we hope you will love your body, celebrate your breasts, and give yourself the care you deserve!

Autumn Glow is October 24!

*the official Big Love Gala kickoff party
& long-awaited drawing of \$10,000 cash and more*



Friday, October 24, 2008, 7-9 PM

[TOWN Danceboutique](#)

2009 8th St. NW

Washington, DC 20009

Join us for our Gala Kickoff party and Raffle for a Reason drawing! Celebrate in style, enjoy great food and music, and learn more about how you can get involved in Big Love. Featuring delicious appetizers generously

provided by New Course Catering! For more information, visit our [website](#).

Sign up to be a Big Love Gala [Table Captain](#) between now and October 22, and receive free admission to Autumn Glow for you and a guest.

And don't forget - [it's not too late to buy your Raffle for a Reason tickets!](#) You could win a \$1,000 gift certificate to I. Gorman Jewelers, a weekend getaway featuring American Airlines plane tickets and two nights in a deluxe suite at a boutique Kimpton hotel, or \$10,000 cash. Buy your ticket today - call us at 202.332.5536 or visit our [website!](#)

Special Thanks to [TOWN Danceboutique](#) for hosting the event, [New Course Catering](#) for providing food, and I. Gorman Jewelers, American Airlines, and Kimpton Hotels for sponsoring the raffle.

The Mautner Project and HRC Present Belly Dance to Health with Belladonna

Build Confidence - Coordination - Mind-Body Connection

Feel Empowered - Sexy - Healthy

Gain Strength - Fitness

And most importantly: **Have Fun!**

All body types, abilities, and experience levels are welcome.



Fridays, October 31 & November 7 & 14

7:00-8:30 PM

FREE to All; RSVP Required

Hosted at HRC Equality Center

1640 Rhode Island Ave NW, Washington DC

Ever wonder about the belly dance trend? Find out just how to shake your shimmy at this special free presentation for the LGBT community on Tribal Fusion Belly Dance. Come experience the benefits that belly dance has to offer YOU! No previous experience in

any dance techniques required. RSVP is required - please contact Rachele Dixon via [email](#) us or at 202.332.5536 to secure your spot!

Our featured presenter, Belladonna, is an innovative and experienced dancer who has been performing belly dance throughout the East Coast since 1998. A versatile instructor, she offers a variety of dance classes and workshops. Her specialties include tribal fusion technique, sword work and dancing with fire. She is the creative director and member of [ROMKA](#), the premier tribal fusion belly dance company based in Washington D.C. To learn more about Belladonna, [click here](#).

Mautner Project: The National Lesbian Health Organization

1875 Connecticut Ave, NW
Suite 710
Washington, DC 20009
202.332.5536
info@mautnerproject.org

The Mautner Project improves the health of lesbians, bisexual, and transgender women who partner with women, and their families, through advocacy, education, research, and direct service. We envision a healthcare system that is guided by social justice and responsive to the needs of all people.

[Forward email](#)

 **SafeUnsubscribe®**

This email was sent to rdixon@mautnerproject.org by info@mautnerproject.org.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Mautner Project: The National Lesbian Health Organization | 1875 Connecticut Ave, NW | Suite 710 | Washington | DC | 20009