



**PROCRASTINATION IS  
CANCER'S BEST  
FRIEND.  
SCHEDULE YOUR 2021  
MAMMOGRAM TODAY!**

**Seton Health Alliance, in partnership with the City of Round Rock and Aetna, is offering a free mammogram to City of Round Rock employees and their spouses. American Cancer Society screening guidelines are:**

- **Women ages 40 to 44** should have the choice to start annual breast cancer screening with mammograms (x-rays of the breast) if they wish to do so.
- **Women age 45 to 54** should get mammograms every year.
- **Women 55 and older** should switch to mammograms every 2 years, or can continue yearly screening.

## **WHAT & WHERE?**

- A free mammogram at the Seton Breast Center
- The Seton Breast Center is located at 1201 West 38th Street, Austin, 78705; 1st floor of Ascension Seton Medical Center in the West Tower

## **WHEN?**

**Call Valarie at 512-324-2370 or Ashlynn at 512-324-1025 Ext. 10263 today to make your appointment on December 7, 8 or 9.** Limited slots are available, so **please call today to ensure your participation.**

## **When you call to make your appointment:**

- *Be prepared to provide information about your previous mammograms.*
- *You will be given parking information and directions.*

## **Also, be sure you know that:**

- *Masks are required at all Ascension Seton facilities.*
- *You will be screened for COVID-19 upon entering the facility.*