



# Toilet Talk

## Domestic Violence Awareness Month.

October is National Domestic Violence Awareness (DVAM) month. Domestic Violence is a pattern of abusive behavior, including physical, sexual and psychological attacks and economic coercion, used between intimate partners so as to gain and maintain control in the relationship. The main themes for the month are:

- To mourn those lost to domestic violence.
- To celebrate those who have survived domestic violence.
- To connect those who are working to end domestic violence.

How can you participate in DVAM?

- Donate or volunteer at any organization against Domestic Violence.
- Wear Purple- The color of Domestic Violence Awareness Month
- Speak out, talk about it with a friend, family member, colleague or even stranger.
- Join the conversation online at #31n31 on Facebook, Twitter, Pinterest, Instagram and Google+

For more information about DVAM visit <http://www.nrcdv.org/dvam/>

## National Breast Cancer Awareness Month

The National Breast Cancer Awareness Month is an annual international health campaign organized by major breast cancer charities in October. The main aim of the campaign is to increase awareness of the disease and to raise funds to fight the disease. Breast cancer is a group of abnormal cells that start in the cells of the breast and then invade surrounding tissue.

Facts about Breast Cancer in the United States:

- Breast cancer is the second leading cause of death among women.
- Over 2.8 million breast cancer survivors are alive in the United States today.
- An estimated 2600 men will be diagnosed with breast cancer and approximately 440 will die each year.

\*for more information visit

<http://www.nationalbreastcancer.org/breast-cancer-facts>

## Save the Date

The annual Health and Wellness Fair is **November 10th from 7am – 11am**, Upper Jo Young Switzer Center. More information coming soon...

## Did you know?

Psycho was the first movie to ever show a toilet on screen. Before Hitchcock sneaked one into the infamous shower scene, toilets were censored and had not been seen in film or television.