

# **Turquoise Thursday is on January 18<sup>th</sup>, 2024**

## What is Turquoise Thursday?

It is **Cervical Cancer Awareness Day** – everyone who wants to show their support can wear turquoise clothes and/or jewelry on that day.

## Why is it important?

Cervical cancer is preventable with just a couple easy steps:

- 1) Get your HPV vaccine as early as 11 or 12 years old – HPV is the most common STD and can cause genital warts and cervical cancer. Protect yourselves and your partners!
- 2) Anyone with a cervix should get a pap smear every three years between 21 and 65 years old, and consult with their providers in case of abnormal results.

## **RAFFLE!!!**

### How to win one of the 5 prizes:

- 1) Schedule an appointment for a pap smear and/or HPV vaccine on Turquoise Thursday by calling **218.879.1227**.
- 2) Show up for your appointment!

That's it! You are in for the draw!

Tell all the women and girls in your circle of friends and family. Protecting your health has never been easier.