



Virginia Mason Memorial

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FOR IMMEDIATE RELEASE

Calling all beards for No Shave November event to raise awareness about men's health!

November is all about men's cancer awareness at Virginia Mason Memorial and North Star Lodge cancer care center. And we're looking for the Yakima Valley's best beards at an event designed to highlight and educate the public about the cancers particular to men. It's No Shave November!

On Tuesday, Nov. 26, the public — and best-beard contestants — are invited to The Best Beards in the Yakima Valley event from 5:30 to 8 p.m. at Hop Capital Brewing, 2920 River Road. Emcees for the judging are Lance Reese, owner of Bearded Monkey Cycling, and urologist Dr. Matt Uhlman, from Yakima Urology Associates. Music will be provided by the band LTD.

The top five most common cancers in men are prostate, lung, colorectal, bladder and skin. But there have been great strides in care, and the five-year cancer survival rate is up across all these forms of the disease. To prevent cancer, men can make healthy lifestyle choices such as stopping tobacco use, making better nutritional choices and decreasing alcohol consumption. Exercise also plays a vital role in reducing the risk of cancer.

The No Shave November event has been made possible thanks to support from Hop Capital Brewing, Chronic Tacos, The Guild Gallery and Bearded Monkey Cycling.

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