



nazareth housing 519 E 11<sup>th</sup> street new york, new york 10009 212-777-1010  
[www.nazarethhousingnyc.org](http://www.nazarethhousingnyc.org)

## 2<sup>st</sup> Annual Kathy's Day: Be Happy -- Be Well!

*In memory of Kathy Callaghan Badolato\**

Taking Care of your  
Mind, Body, and Soul

Saturday, January 30, 2010  
10:30am to 2:00pm

### Location

Center for Learning And Self Sufficiency  
206 East 4th Street (the Blue Door)  
Between Avenues A and B



- Free Mammography for woman over 40  
(limited to 25 by appointment)\*\*
- Speak to Asthma Specialist Dr. Alice Beal
  - Blood Pressure Testing
  - Learn more about Diabetes
  - HPV Vaccine and HIV Information
  - Mental Health resources and referrals
- Meet Health Experts from Beth Israel Latino Health Institute
  - Learn Yoga and Relaxation Techniques
  - Children's Health Workshop with NY Cares
    - Food, Raffles and Door Prizes



\*Kathy Callaghan Badolato was first diagnosed with breast cancer at twenty five (25) years of age. She fought back through surgery, chemo therapy and radiation treatments. She chose healthy living, becoming a vegetarian, growing her own food, developing her spirituality. Fifteen years after her initial diagnosis the doctors told Kathy she was cancer free. Six months later, just after her 40<sup>th</sup> birthday, the cancer was back and attacking Kathy's spine. After another valiant five year battle, Kathy died leaving a husband and two children. Kathy was a wonderful wife, mother, daughter, sister and friend. In her professional life she was a speech pathologist, working with children who lived with multiple challenges at Maryland School for the Blind. Kathy's Day is one way for those who knew and loved Kathy to continue to battle breast cancer and promote well being for women and families.

*In 2010 may you Be Happy-Be Well!*

**\*\*call: 212-982-7800 extension 14 to schedule your appointment**

