



Public Health
Prevent. Promote. Protect.

Effingham County Health Department

"Where Prevention Begins"



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FOR IMMEDIATE RELEASE – October 30, 2025

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Community Invited to Free Stress Reduction & Breast Cancer Awareness Event — Thursday, November 13

Effingham, IL — The Effingham County Health Department (ECHD) and Flying Buddha Fitness invite the public to a free Stress Reduction Techniques Program on Thursday, November 13, at 5:30 p.m. at the Effingham Public Library's Workman Room.

The program will be led by Vicki Funneman, certified yoga instructor with Flying Buddha Fitness, who will guide participants through simple mindfulness and relaxation techniques proven to reduce stress and improve overall wellness.

Catherine Bailey from the Effingham County Health Department will also share important information about breast cancer prevention and early detection. Participants will learn about the benefits of regular mammograms and practical ways to reduce their breast cancer risk. Educational materials from the Know Your Lemons Foundation will be available, including squeezable "lemon" models that mimic the feel of a cancerous lump.

"This event is about empowering people to take care of their health — both mentally and physically," said Catherine Bailey, Grant Manager at ECHD. "By learning stress-management tools and understanding the importance of early detection, participants can make a real difference in their overall well-being."

The event is funded by a Carolyn Adams Ticket for the Cure – Community Outreach Grant from the Illinois Department of Public Health, which supports expanded outreach and education on breast cancer prevention, screening, and support services in Effingham County.

Registration is required for this free program.

To register or learn more, contact Catherine Bailey at the Effingham County Health Department at 217-342-1134.

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