



**Public Health**  
Prevent. Promote. Protect.

# Effingham County Health Department

"Where Prevention Begins"



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## Teen and Mom Yoga & Breast Cancer Awareness Event

**Effingham, IL** — The Effingham County Health Department, Flying Buddha Fitness, and the Effingham Public Library will host a free Teen and Mom Yoga and Breast Cancer Awareness Program at 5:30 p.m. Thursday, January 15, 2026, in the Library's Workman Room.

The program invites teens and young women to attend with a mother, aunt, caregiver or other trusted adult. Vicki Funneman of Flying Buddha Fitness, a certified yoga instructor, will lead participants through easy yoga movements and partner poses suitable for beginners. Participants are encouraged to wear clothing that they can move easily in and to bring a yoga mat, if they have access to one.

Catherine Bailey from the Effingham County Health Department will provide an introduction to breast cancer prevention and early detection, including the importance of starting monthly breast self-exams in your early 20s.

"This event is about empowering young women and teens to take care of their health — and to start thinking ahead about what they can do to reduce their breast cancer risk," said Catherine Bailey, the Grant Manager said. "Women should start monthly breast self-exams between ages 20 and 25, combined with clinical breast exams every 1-3 years. By starting these conversations in their teens, we can help them feel more comfortable about these exams. We can also encourage them to talk with health care providers and family members about reducing cancer risks and family history."

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. Door Prizes and Quiz Prizes are sponsored by the Prevent Cancer Foundation.

The event is free, but registration is required through the Effingham Public Library's website [www.effinghamlibrary.org](http://www.effinghamlibrary.org). More information is available by calling Catherine Bailey, from the Effingham County Health Department at 217-342-1134.

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