



OUTCOME:

Provide event that combines fun activities with the opportunity for women to share traditions, learn about early detection and prevention and to receive screening services.

KEYS TO SUCCESS:

- Offer clinical breast exams and mammography on same day along with other care and activities to create a “One Stop Shop”.
- Crafts, food, and an open atmosphere can promote communication and participation from women.
- Provide an opportunity for women to offer support to each other and women who may be living away from their families or nervous about screening.

WOMEN'S SPA DAY EVENT

A Women's Spa Day is a health and screening event that gives organizations an opportunity to combine activities, education, and screening into a daylong pampering for women in the community. A women's spa day could include: breast and cervical wellness screenings, transportation to and from mammography screenings, cultural activities, medical messages, cooking classes, visiting, games, early detection and prevention education, guest speakers, food and other relaxing treats all in one day. The advantage to hosting a combined event day is more women come to participate because they look forward to learning, making a craft, eating, and visiting with other Native women and also get their scheduled screenings!

INGREDIENTS:

- Food
- Providers for women's annual exams/screening
- At least one support staff such as an MA or RN
- Outreach staff, and other volunteers or support staff
- Transportation service and/or mobile mammogram van
- People to provide health messages, haircuts, manicures, or other Spa events to pamper women throughout the day
- Art or craft
- Games (Bingo, Breast Cancer Jeopardy, other)

PREPARATION:

Step 1: Schedule women's exams and mammograms ahead of time for this day. If it is not possible or practical to provide annual exams and mammograms on the same day, offer annual exams in advance of the Women's Spa day and provide this event as a screening reward.

Step 2: Pick a craft event. Ask staff from your agency as you may have great teachers who would love to volunteer to teach their craft. See WEAVING Project recipes for craft ideas. Share information about women's wellness topics throughout the day. Incorporate messages into craft activities. Showing educational videos is also a great way to share info during the event.

Step 3: Invite partnering agencies such as the state Breast and Cervical Cancer Early Detection Program (BCCEDP) or local Komen affiliate to join in your event, if appropriate.



FUN SPA DAY ACTIVITIES LIKE MANICURES MAY HELP REACH WOMEN WHO HAVE NOT RECEIVED SCREENING SERVICES REGULARLY.

SOAPS AND LOTIONS MAKE GREAT SPA DAY GIFTS. CHECK WITH LOCAL RETAILERS FOR POSSIBLE DONATIONS.



Step 4: For food, ask local coffee shops or local grocery stores if they will donate coffee and food. Consider partnering with your diabetes program to develop a healthy menu for lunch and snacks, or even teaching the women how to make a healthy and diabetic-friendly lunch.

Step 5: Consider transportation for women to/ from the event. If you have access to an agency van, set a local pick-up or drop-off point to help more women participate. Providing bus fare or gas cards may also help.

In 2009, American Indian Health and Family Services of Southeastern Michigan (AIHFS), Detroit Michigan, hosted a Women's Spa/Screening Day. What made this such a success is that women received screening services and fun spa services. The day was complete with fun activities, traditional health for women and a meal. In the future AIHFS looks forward to trying free haircuts, manicures, and makeovers.

SHARING THE RESULTS:

Start off the morning with fresh coffee, yogurt, fruit and healthy snacks. Crafts can be offered throughout the day. Consider basket making/weaving, pottery classes, knitting, shawl making, beading or "bring your own project". Make sure women get their screening and can return in time to continue crafting, food, and visiting. Serve food around your provider's screening schedules. Games are always a fun way to end the day. Consider playing Awareness Bingo, hosting a drawing or other fun and interactive events.

THANKS TO AMERICAN INDIAN HEALTH AND FAMILY SERVICES OF SOUTHEASTERN MICHIGAN AND HARRIET LITTLE FOR SHARING THEIR SPA DAY EXPERIENCE WITH US AND OTHERS.

TIPS:

- Mammograms could be from the mobile mammography van or women could be transported to a radiology clinic.
- Honor women by asking for suggestions for spa day activities.
- Provide opportunity for women to share traditions, learn about early detection and prevention and to get screened.
- Offer the event during evening or weekend hours to reach women who are unable to make appointments during traditional clinic hours.