

Women's Wellness

Empowering women with tools and education to make informed decisions about their health and wellbeing.

Funding from the Alaska Run for Women supports the YWCA Alaska's Breast and Cervical Program. Join the YWCA Alaska Team today at akrfw.org



The Breast & Cervical Program provides outreach and patient navigation for [Ladies First](#) and connects medically underserved women to health care for breast and cervical cancer screenings. The program provides access to cervical screening (ages 21-64), clinical breast exams (ages 21-64), and mammograms (ages 40-64).

To see if you are eligible for a FREE breast & cervical cancer screening, to make an appointment or for more information call our Outreach Specialists at (907) 644-9600 ext 1005 or ext 1006

[Click here](#) for an educational presentation about Breast Cancer.

The Tobacco Cessation Program works with individuals who are ready to quit by connecting them to Alaska's Tobacco Quit Line. This outreach educates Alaskan's on the cost of smoking, and the dangers of electronic cigarettes.

If you are ready to quit, give us a call (907) 644-9600 ext 1005

What is the Alaska's Tobacco Quit Line? Click [HERE](#)

Diabetes Prevention provides outreach and education regarding prediabetes risks, screenings and prevention. Take an online risk assessment [HERE](#). Referrals to the State of Alaska Diabetes Prevention Program [HERE](#).