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FOR IMMEDIATE RELEASE

Rio Grande City EDC presents Lunch & Learn: Workplace Wellness

Rio Grande City, Texas (October 18, 2016) — The Rio Grande City EDC held a Lunch & Learn workshop at the Commissioner's Chambers at City Hall. In this session, Sylvia Contreras RN, FNP, presented information on cancer awareness, screenings and the importance of early detection. In 2016 alone, there will be an estimated over 1,600,000 new cancer diagnoses and over 550,000 cancer deaths in the United States.

"Our goal is to emphasize the importance of yearly exams and screenings that will help in identifying any medical problems thus saving lives," said Sylvia Contreras, RN, FNP, Starr County Memorial Hospital. Mrs. Contreras is a registered nurse and family nurse practitioner and has been with Starr County Memorial Hospital for 16 years.

"I'd like to thank Starr County Memorial Hospital for the informative presentation. It is great to see our small business owners come and invest in our business education workshops. Through a wide variety of business topics, our focus is to facilitate learning in support of business and professional development," said Belinda Trevino, Main Street Program and Business Development Coordinator.

The Rio Grande City EDC, in partnership with the UTRGV Small Business Development Center, offers business education workshops and seminars. This year, the Rio Grande City EDC has initiated a Business Education Passport program. Rio Grande City business owners and/or their employees that attend a total of 10 Rio Grande City EDC Lunch & Learn workshops and UTRGV SBDC seminars for the year will be entered for a chance to win a Samsung Galaxy tablet. For more information on upcoming Rio Grande City EDC and UTRGV SBDC events, follow us on Facebook or visit www.rgcedc.org and sign up for the Rio Grande City EDC newsletter.

To learn more about breast cancer screenings, call Starr County Memorial Hospital at (956) 487-5561.

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Photo caption: Rio Grande City Lunch & Learn workshop