



Mammos & Mocktails

Make your annual breast cancer screening a fun ladies night out by scheduling during our new quarterly **Mammos & Mocktails** events. From 5 to 8 pm, you can relax, socialize with friends, and get your mammogram done all at Cass Health!

These special evening appointments include:

- Your private mammogram
- Appetizers and snacks
- Mocktails
- Chair massages
- Fun atmosphere with friends
- Med Spa specials

Space is limited and appointments are required.

2026 Mammos & Mocktails Schedule

- January 29, 2026
- April 30, 2026
- July 23, 2026
- October 29, 2026

Breast Cancer Screening Guidelines

At Cass Health, we recommend that all women have a breast cancer screening once a year beginning at age 40. It's also important to know that you should talk to your primary care provider about your family history and unique risk factors.

Based on your personal information, you may need to start screenings earlier, have additional or alternate screenings, or have certain screenings done more frequently.

Scheduling Your Screening

If you are ready for your annual breast cancer screening, you can choose and schedule your appointment in your MyChart account or by calling us at 712-243-7450.



Facebook



Instagram