



*How far will you go...*

How far will you go...  
to prevent cervical cancer?

*Go the Distance!*

**Sex and Pap testing...  
it just makes sense.**

**Start having Pap tests @ age 20**  
but don't wait that long to talk about  
STI's, birth control and ways to stay healthy!

For more information contact your health care  
provider, doctor or:

THE PROVINCIAL COORDINATING OFFICE

Toll Free: 1-866-643-8719

email: [loriharnett@westernhealth.nl.ca](mailto:loriharnett@westernhealth.nl.ca)

Central Health: 709-651-6264

Eastern Health Rural: 709-466-5847

Western Health: 709-637-5000 Ext 6435

Labrador-Grenfell Health: 709-897-3109

Eastern Health Avalon: 709-752-4353



**Cervical  
Screening  
Initiatives**

*A simple Pap test can save your life!*

**1-866-643-8719**