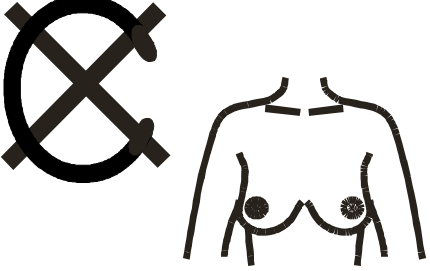


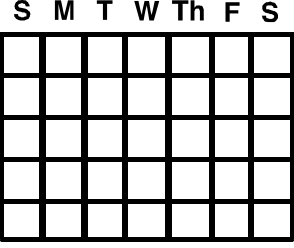
Breast  
Awareness



## Breast Awareness




Checking your breasts can help detect the early signs of cancer.



S M T W Th F S

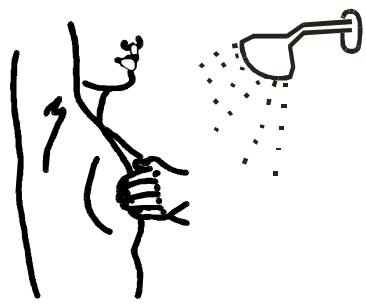

You should check your breasts once a month.



Get to know how your breasts feel.



Breast Awareness



Check your breasts in a warm bath or shower.



Check by looking and feeling.



See your doctor if you notice any changes.