

CARE FOR THE GIRLS!

Many African American/Black women have been diagnosed with breast cancer BUT, the good news is that many will survive due to early detection and treatment.

Get examined. Aren't you worth it?

Talk to your health care provider, your Body&Soul team or contact Education For Quality Living for information via Email: info@eqltoday.com or Website: www.eqltoday.com. Look at the instructions under "Care for the Girls", a health education program of Education For Quality Living conducted by the Southwest Regional Body&Soul Program. Contact us to arrange a workshop by calling 702-900-6496.

One out of eight women will be diagnosed with BREAST CANCER.

If you are 40 to 49, talk with your doctor about scheduling mammograms and how often to get them. If you are 50 to 74, get a mammogram every 2 years or sooner.



KNOW YOUR BREASTS!

Examine your breasts monthly. You should know your body and be able to tell when something looks or feels different. Have your doctor give you a clinical breast exam annually.

EARLY DETECTION SAVES LIVES!

Body&Soul

A Celebration of Healthy Eating & Living

EQ
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Southern Nevada Health District