

Share the Message

10 TIPS

from The American Cancer Society to Share

Share these tips with fifteen people you care about and then ask them to share with fifteen more people. Before you know it, millions more women will know the best ways to reduce their breast cancer risk.

1. Get annual check-ups/mammograms
2. Know your family medical history
3. Eat a healthy diet of low-fat foods
4. Limit your intake of caffeine and alcoholic beverages
5. Maintain a healthy body weight
6. Exercise regularly
7. Don't smoke
8. Take time for yourself
9. Network and socialize for a happy lifestyle
10. Avoid environmental risks

**Share the Longaberger message
on breast cancer awareness**

Longaberger®

www.longaberger.com

