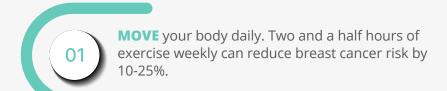


TIPS AND TRICKS

## BREAST CANCER AWARENESS MONTH | Lifestyle Practices For Breast Wellness

Your small daily choices have a big impact on breast health. Here's how to take charge:



**EAT** a balanced diet rich in fruits, vegetables, and whole grains. Limit red meat, processed foods, and alcohol. Include healthy fats like avocados, olive oil, and natural nut butters.





**SCREEN** regularly with mammograms and wellness exams. Early detection is key to long-term health.





**KNOW** men can get breast cancer, too. Include them in awareness efforts and watch for signs like lumps and skin changes.

**EMPOWER** yourself through awareness, consistent monitoring, and healthy lifestyle habits.



For more information, explore the National Breast Cancer Foundation's free educational resources, including their Healthy Living & Personal Risk Guide.