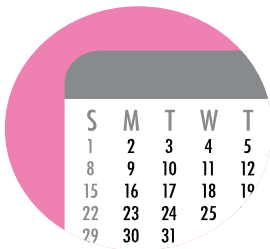


CANCER AWARENESS

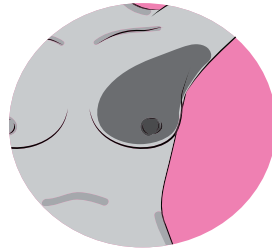
FOR HER.

Experience
One *Sun* WELLNESS

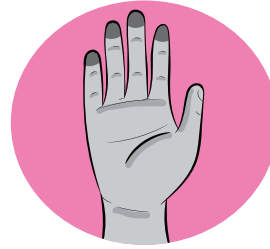
Detect the early stages of breast cancer by completing a self-check exam monthly. Contact your clinic immediately for a check-up if you are concerned with any health issues. Early detection saves lives!



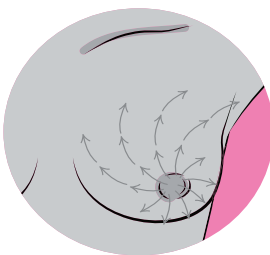
Once a month,
2-3 Days
after periods



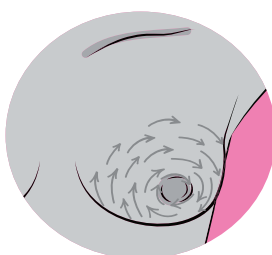
Examine breast
and armpit with
raised arm



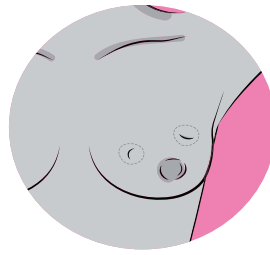
Use finger pads
with massage oil or
shower gel



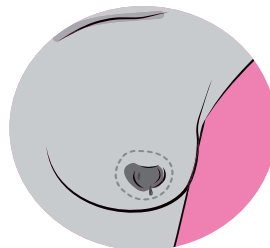
Wedges



Circles



Examine breasts in
the mirror for lumps
or skin dimpling.



Nipple deformation, colour
change or leaks of any fluid



CERVICAL CANCER CHECK

Make an appointment for your cervical
cancer screening (PAP smear) and health
check-up at your local clinic.

If you have any questions about early detection of cancer or what is expected at a test, please contact LifeAssist and a professional will answer your questions, confidentially.

COACHING, COUNSELLING,
HEALTH INFORMATION, OR ADVICE.



Call **0860 111 322**
WhatsApp (Text) 061 438 7903

Callback *134*20068#
help@lifeassist.co.za
www.yourlifeassist.co.za/sunint



FREE • VOLUNTARY • PROFESSIONAL • PRIVATE • CONFIDENTIAL