



CHECK. CARE. SHARE.

**Taking care
of your breasts
is an act of self-love**

- ♥ **Know your normal**
– have a quick feel every month
- ♥ **Book your mammogram**
– your future self will thank you
- ♥ **Talk openly** with friends and family
– let's normalise the conversation
- ♥ Wear pink, show support, and **spread awareness**
- ♥ Small actions today can **save lives** tomorrow

Support your sistas
– encourage the women
in your life to check regularly
and go for screenings.

Experience
One Sun WELLNESS

♥ your
life!

COACHING | COUNSELLING | HEALTH INFORMATION | ADVICE

Call **0860 111 322**

WhatsApp (Text) 061 438 7903

Callback *134*20068#

help@lifeassist.co.za yourlifeassist.co.za/sunint

FREE · VOLUNTARY · PROFESSIONAL · PRIVATE · CONFIDENTIAL

SAVE THE
DETAILS

