



Breast Health Self-Exam Reminder July 2005

This month, be sure to give yourself a breast self-exam to make sure there are no lumps or changes in your breast tissue.

**Good Health is contagious-
Catch some on the Eastside!
Allen Neighborhood Center**

Also, in order to protect yourself from skin cancer, be sure to apply sunscreen with a SPF-15 or higher to all areas of the body exposed to the sun. Reapply sunscreen every two hours, even on cloudy days, and also after swimming or perspiring heavily. Minimize your exposure to the sun at midday,

For information on obtaining a free Breast Health Support Kit or to find out if you qualify for a free mammogram or clinical visit contact ANC at 367-2468

between 10:00 am and 3:00 pm. Try to do everything you can to protect yourself and your family!

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