



Breast Cancer Awareness & Prevention Pledge

My Pledge

Whether I am a Previvor, PROvivor, Survivor, Thrivor, or an advocate for someone I love, **I commit to** taking steps toward early detection and prevention of breast cancer including:

Schedule My Mammogram

If I am due for a mammogram, I will schedule my screening and take this important step for early detection.

Perform Self-Breast Exams

I will make self-breast exams part of my monthly routine to stay in tune with my body and identify any changes early.

Encourage Others

I will remind my friends and loved ones to schedule their mammograms and perform self-breast exams.

Support Someone on Their Journey

I will help by accompanying a friend or family member to their mammogram appointment, offering emotional support during this important step in their health journey.

*Together, We Can
Make a Difference!*

*By taking these actions, I am helping to promote breast cancer prevention, early detection, and awareness. I **stand with those** affected by breast cancer and commit to making a positive impact in the fight against this disease.*

Name: _____

Date: _____