

Disease Awareness Poster

Title: Don't Wait. Check Today- Breast Cancer Awareness Campaign

Audience: Interested women, general public, health campaign audiences

Reference: LinkedIn Publication

In this fast-changing world, the busyness of daily life sometimes makes us forget about ourselves. With this poster, I intended to remind readers what really matters: health. It is a direct call to all women to take care of themselves today. I aimed to inspire action using empathetic language, an empowering call-to-action, and health campaign design skills.

A poster for breast cancer awareness. The background is a soft-focus image of a pair of hands holding a red awareness ribbon. The text is centered and uses a mix of white and pink colors. At the bottom, there is a QR code with a hand icon pointing to it, and a list of social media hashtags.

Don't Wait. Check Today.

Women,
when it comes to us, we are used to waiting.

Waiting for a better moment to rest — *I'm too busy.*
Waiting for a better time to look at that pain — *I'm sure it is nothing.*
Waiting for a better day to talk to a partner — *I don't want to worry him.*

What if **today** is the best moment,
the best time,
the best day?

- Checking your breasts now could save your life.
- Doing it regularly can mean the difference between early detection... and being too late.

✨ **Don't wait. Every day is the best day to take care of yourself.**

Breast self-exams are easy.
👉 Scan to learn more with the DearMamma app



✉ If this message speaks to you, share it with another woman you care about.

#BreastCancerAwareness #EarlyDetection #WomensHealth #CheckYourBreasts
#PreventionMatters #HealthcareCommunication #DearMamma