

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