



You have your whole life ahead of you.
TAKE CARE OF YOURSELF!



For more information, visit [komen.org](https://www.komen.org) or call Susan G. Komen's Breast Care Helpline at **1-877 GO KOMEN** (1-877-465-6636) Monday through Friday, 9 AM to 10 PM ET.

Most young women don't worry about breast cancer. But the fact is **EVERYONE** is at risk.

Here's what you CAN do:

- Know your risk**
- Get screened**
- Know what is normal for you**
- Make healthy lifestyle choices**

[komen.org/healthybehaviors](https://www.komen.org/healthybehaviors)