



POP IN FOR FREE BREAST HEALTH ADVICE

Visit the Pink Caravan **Thursday 20 October** for a free breast health check. It will be parked at **Highbrook Crossing 60 Highbrook Drive**. In the large car park outside Jetts Gym and Smile Supermarket.

The **Breast Cancer Foundation** Pink Caravan is staffed by breast care nurses who provide free breast health advice and information to women and men.

The breast care nurses have visual and hands-on displays of breast cancer symptoms that most women won't have seen before, and use prosthetic breasts to show what a lump feels like.

The nurses can help you with:

- Understanding your own family history and lifestyle risk factors
- What to do if you are worried
- Talk about mammograms – how to enrol and when and where to get one
- Services and support available to those who have or have had breast cancer
- A fantastic range of printed information you can take with you, and a few freebies!

Men are welcome to come and learn and take information home to their whānau (men can get breast cancer too).

Drop in or make a booking for a small group of 5 or less by emailing Talia at taliac@bcf.org.nz

Please pass onto your teams so they can get checked out.

Find out more about the pink caravan. Watch here.
<https://www.youtube.com/watch?v=-HECwVrdAg4>