

Breast aware?

Whatever your age, size or shape, it's important to take care of your breasts.

Team B-Aware: helping you raise breast health awareness in your community

Breast Cancer Care has formed 'Team B-Aware'; an army of volunteers from across Scotland who will deliver 10 - 15-minute B-Aware Talks. These sessions cover what it means to be breast aware, to understand what is normal for you, and know what to do if you notice a change.

To arrange for a B-Aware Talk go to: www.breastcancercare.org.uk/baware. Then click the request a Volunteer link. In the box how did you hear about Team B-Aware quote:

Linda Turner

breastcancercare.org.uk
Free Helpline 0808 800 6000

B-Aware
Know the signs of breast cancer



breast
cancer
care
scotland