

TAKE ACTION FOR YOUR BREAST HEALTH

YOU CAN DO IT!



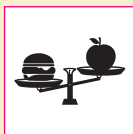
Be active

Moderate your alcohol intake



Aim for a healthy weight

Stop smoking
Avoid secondhand smoke



Adopt a healthy diet

TAKE YOUR BREAST HEALTH
INTO YOUR OWN HANDS.
#IDOIT, WHAT ABOUT YOU?



SUPPORT AND INFORMATION
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QUEBEC
BREAST CANCER
FOUNDATION