

BREAST CANCER AWARENESS

AND

WEAR PINK DAY

October 26, 2016

October is breast cancer awareness month and the Postal Service Wellness Team invites you to support the cause by wearing something pink on **Wear Pink Day, October 26, 2016.**



Know the symptoms of breast cancer and have regular conversations with your doctor if:

- You are over the age of 50
- Female
- Have a family history of breast cancer

BREAST CANCER touches the lives of

1 IN 8 WOMEN

in the United States.



Risk Factors That You Can Control To Prevent Breast Cancer Are:



Eating a balanced and healthy diet (fruits, vegetables, healthy fats)



Exercising the recommended amount for your age



No Smoking

Breast cancer is a disease that affects many people across the Postal Service. If you are a caregiver for a loved one with breast cancer, don't forget to rest and recharge so you can take care of yourself as well.

For more information on breast cancer visit www.cancer.gov, additionally if you have questions for the Wellness Team reach out to us at healthandwellness@usps.gov.

source: www.cdv.gov/cancer/

