

Take the brave steps one at a time -it's the best way to fight against breast cancer.

The JN Group has never been more committed to embracing those who need encouragement to get checked and those who need our support to fight.

The steps are easier, when we
take them together... Join us.

This year we urge you to take the steps to promote early detection and support those fighting the disease.

- 1** Feel Yourself by conducting a regular self-examination
- 2** Get Checked, with your annual mammogram, as recommended by health professionals
- 3** Be Grateful, take the time for some self-care and express gratitude for the little things
- 4** Give Back by helping us donate to cancer research and support of



jngroup.com/pink

Take the Steps ...Feel Yourself

USE THE SHOWER CHECK

STEP
1

Check your breasts about one week after your period.



STEP
2

Press firmly with the pads of your fingers. Move your left hand over your right breast in a circle.

Make sure to check all over and include the armpits.



STEP
3

Now check your left breast with your right hand in the same way.

You should look at your breasts in a mirror.



If you find any lumps, thickenings, or changes, tell your doctor right away. Most breast lumps are not cancer, but you don't know if you don't ask. Breast cancer may be successfully treated if you find it early.

If you have a history of breast cancer in your family, discuss mammography screening guidelines with your health care provider.

Contributed by Jamaica Cancer Society