



LET'S
**BEAT BREAST
CANCER**
A 4-PRONGED APPROACH



Join a Rally!

Eat Plants – Exercise Regularly – Limit Alcohol – Maintain a Healthy Weight

Join local experts, community advocates, and breast cancer survivors for a special gathering in honor of Breast Cancer Awareness Month. Featuring a unique blend of percussionists from local bands to **“Beat the Drum”** for breast cancer prevention, all are invited to enjoy the music and **raise your voice** to support this lifesaving message.

The Let's Beat Breast Cancer campaign seeks to raise awareness about four lifestyle steps that can reduce the risk of breast cancer and risk of recurrence.

THE FOUR STEPS ARE:

- Eat plant-based foods
- Exercise regularly
- Limit alcohol
- Aim for an ideal weight

*We look forward to joining together
for this important cause!*

