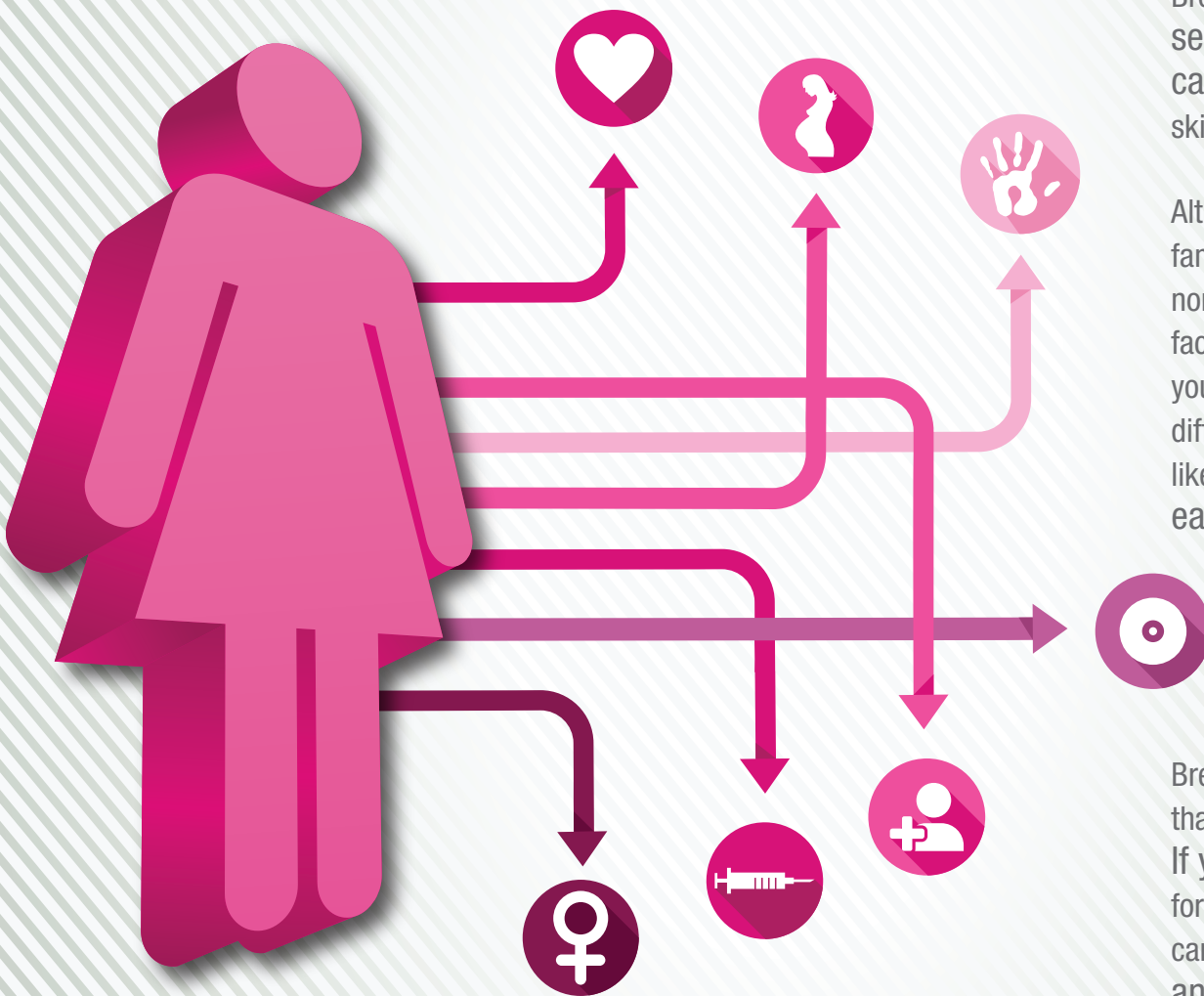


OCTOBER is

# BREAST CANCER

# AWARENESS MONTH



Breast cancer is the second most common cancer in women next to skin cancer.

Although age, sex, and family history are non-modifiable risk factors, there are things you can do to make a difference for your health like exercising and eating healthy.

Breast cancer is a disease that affects many people. 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.

Source: Centers for Disease Control and Prevention

Visit <https://liteblue.usps.gov/wellness> for additional information.

The information provided here is for informational purposes only and is not a substitute for professional medical advice. Please see a qualified health care provider for specific health or wellness issues.

