

ADELPHI NEW YORK STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

HEALTHY MOM

Checklist

- Clinical Breast Exam
- Reduce Stress
- Exercise Regularly
- Drink plenty of water
- Schedule a Mammogram
- Eat Healthy
- Listen to your instincts
- Advocate for Yourself



- Find out how to get a free or low-cost mammogram.
- Find out about breast cancer programs in your community.
- Talk to someone who has been there.



WE ARE HERE TO HELP!!!

800.877.8077

breast-cancer.adelphi.edu

