

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](http://breast-cancer.adelphi.edu)



**ADELPHI NEW YORK STATEWIDE  
BREAST CANCER HOTLINE & SUPPORT PROGRAM**

**Guía para una  
MADRE SALUDABLE**

Examen Clínico del Seno Anual

Reduce el Estrés

Haz Ejercicio Regularmente

Bebe Mucha Agua

Haz una Cita para la Mamografía

Come Saludable

Confía en tus Instintos

Aboga por tus Derechos



- Averigua como recibir una mamografía gratis o a bajo costo.
- Infórmate acerca de eventos sobre el cáncer del seno en tu comunidad.
- Habla con alguien que ha pasado por lo mismo.



**ESTAMOS AQUI PARA AYUDARTE!!!**

**800.877.8077**

**breast-cancer.adelphi.edu**



# Sample News Release

FOR IMMEDIATE RELEASE

DATE

CONTACT

*The Adelphi NYS Breast Cancer Hotline is there to help*

\_\_\_\_\_ today has joined with the Adelphi NY Statewide Breast Cancer Hotline & Support Program in their annual Mother's Day campaign to encourage women to take care of their health.

"Mother's Day is a significant time to remind women to get the help that is available through the hotline and to do what they can to remain healthy," says \_\_\_\_\_. "

The campaign contains the "Healthy Mom Checklist" urging women to schedule a mammogram, have a clinical breast exam, exercise regularly, eat healthy and drink plenty of water. "We also encourage women to try to reduce stress, listen to their instincts and advocates for themselves," say Hillary Rutter, the director of the Adelphi Breast Cancer Program.

For more information and to locate an accredited mammography facility nearby and local breast cancer programs, call the Adelphi New York Statewide Breast Cancer Hotline and Support Program at 800-877-8077. Callers can also get emotional support from the hotline's specially trained volunteers—all are women who have had breast cancer.

It is a project of the Adelphi University School of Social Work on Long Island, established in 1980.. All services are free. The web site is: [www.adelphi.edu/nysbreastcancer](http://www.adelphi.edu/nysbreastcancer).

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# Sample Public Service Announcement

FOR IMMEDIATE RELEASE  
DATE

30 SECOND PSA

This is NAME HERE. This Mother's Day I am urging women to call the Adelphi NY Statewide Breast Cancer Hotline to get help with breast cancer concerns.

You can find out about how to get a free or low cost mammogram, breast cancer programs in your community and talk to someone who has "been there."

For more information, call the Adelphi New York Statewide Breast Cancer Hotline at 800-877-8077. That's 800-877-8077.

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