

ADELPHI NEW YORK STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

*Be
Good
— to —
yourself*



You're worth it!



STAY ACTIVE.



GET ADEQUATE SLEEP.



SCHEDULE MAMMOGRAPHY
AND HEALTH SCREENINGS.



PRACTICE SELF CARE.



EAT MORE PLANT-BASED FOODS.



ADVOCATE FOR YOURSELF.



LISTEN TO YOUR INSTINCTS.

- **Contact us** for online professionally led bilingual counseling, support and wellness groups.
- **Call us** and speak with a breast cancer survivor for peer support.
- **Join us** online for educational workshops and learn about free or low-cost mammography screening.

Adelphi Breast Cancer Hotline

800.877.8077

breastcancerhotline@adelphi.edu

breast-cancer.adelphi.edu

