

# ADELPHI NEW YORK STATEWIDE BREAST CANCER HOTLINE & SUPPORT PROGRAM

## You are never too busy to take care of yourself.



### HEALTHY YOU CHECKLIST



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](mailto:breastcancerhotline@adelphi.edu)

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



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