


Spring is here, & it's time to take **5**

Take **5** minutes to **think**
about yourself today.

Take **5** minutes to **schedule**
a mammogram if you're over 40.

Then call **5** **friends & family** members
& remind them to get a mammogram, too.



A mammogram is a
simple procedure
that can detect
breast cancer early.

Get a mammogram
this spring,
and every spring.