



Make healthy choices – Breast health is up to you!

Taking exercise and being physically active + keeping a normal body weight
+ eating a healthy diet can help protect your breast health!

For Breast Health Day this year, **Europa Donna Ireland** is focusing on lifestyle choices that can influence your future breast health and help prevent breast cancer.

Why not organise **an awareness raising event** in your area focusing on one or more of these healthy choices to help women get started to protect their breast health on **Friday 15th October 2010 (no fund raising needed!)**

This year we're giving you lots of options to choose from so no excuses! Why not recruit local sports/activity/weight control clubs, gyms, health food shops and even celebrities in your area to get involved and help get the message across that healthy choices are good for you and can be fun too. For more information and suggestions see our website www.europadonnaireland.ie

If you would like to participate and organise an event, we can assist with posters, promotional leaflets, getting publicity etc, so please contact us at 087 6383609 or info@europadonnaireland.ie with details of the event you are planning.

For more information about Breast Health Day across Europe visit www.europadonna.org and www.breasthealthday.org .

Join us on Breast Health Day!