

## **GrapeVine Unit**

### **Navigating Breast Health: Breast Cancer Protection to Detection**

**FREE**

This one-hour session will discuss factors linked to breast cancer and how to reduce risk. Participants will learn screening recommendations and how to advocate for care. Emphasis is on the issues and steps that women face prior to breast cancer diagnosis.

The session will cover:

- Risk factors
- How to reduce your risk
- Screening recommendations
- Signs and symptoms of breast cancer
- Managing abnormal screenings
- Where to find more information and resources

Handouts on the topic and a small gift will be available for participants at the end of the session.

GrapeVine is a program of the Wisconsin Women's Health Foundation