

Get healthy. Stay healthy.



It's time you put yourself first

Get your mammogram to celebrate you

You're a woman always on the go. You give and give. You put family and friends first. Girl, it's seriously time you do the same for yourself. Treat yourself to a day that says you take care of you, too. That's right. Schedule a mammogram, a breast X-ray, to look for breast cancer. It takes 15 minutes or less and it's time well spent. Then reward yourself with a little splurge, like a pedicure, facial or bubble bath.

Why get a mammogram? The reason is simple. Your best protection is early detection. Talk to your doctor about when you should have a mammogram and how often you need it. Ask about other women's health screenings you may need. And bring a friend. You can make it a yearly girls' day out.

Visit empireblue.com to learn more about breast cancer and how early detection saves lives.

