



15 OCTOBER  
**BREAST  
HEALTH DAY**



## **More active today for your breast health tomorrow**

Inactivity is estimated to cause 10-16 percent of all breast cancer cases

30-60 minutes of moderate daily exercise is an easy and achievable step for future breast health

Send a card from **[www.breasthealthday.org](http://www.breasthealthday.org)** to encourage women to choose a more active life