

**TOGETHER**  
we're  
**TOUGHER**  
than  
**CANCER**



**October is Breast Cancer Awareness Month.**

Huggins Credit Union joins with Trinidad and Tobago and the world to show solidarity with those in the fight against breast cancer.



## **OCTOBER IS BREAST CANCER AWARENESS MONTH.**

We all must do our part to raise awareness and support those affected by the disease. Let's come together and spread the word about the importance of regular screenings, early detection, and preventive measures like eating a balanced diet and exercising regularly.

**Self-Exams:** Perform regular breast self-exams to become familiar with your breasts and promptly report any changes to your healthcare provider.

**Clinical Exams:** Schedule regular clinical breast exams with your healthcare provider, especially if you are over the age of 40.

**Mammograms:** If you are of screening age, schedule and undergo regular mammograms as your healthcare provider recommends.

Let's work together to make a difference and ultimately prevent breast cancer.

#BreastCancerAwareness #WearPink #Hugginscu