



LET'S
**BEAT BREAST
CANCER**
A 4-PRONGED APPROACH



Join a Rally!

Eat Plants - Exercise Regularly - Limit Alcohol - Maintain a Healthy Weight

Join local experts, community advocates, and breast cancer survivors for a special gathering in honor of Breast Cancer Awareness Month. Featuring a unique blend of percussionists from local bands to **"Beat the Drum"** for breast cancer prevention, all are invited to enjoy the music and **raise your voice** to support this lifesaving message.

September 29, 2024 -12pm NOON

**In The Village at the Grand Traverse Commons @ the Village Piazza
Near 700 Cottageview Dr. Traverse City MI 49684**

The Let's Beat Breast Cancer campaign seeks to raise awareness about four lifestyle steps that can reduce the risk of breast cancer and risk of recurrence.

THE FOUR STEPS ARE:

- Eat plant-based foods
- Exercise regularly
- Limit alcohol
- Aim for an ideal weight

*We look forward to joining together
for this important cause!*

Contact **Darylin Berryman** for more
information, call-text-email

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**Everyone
Invited!**