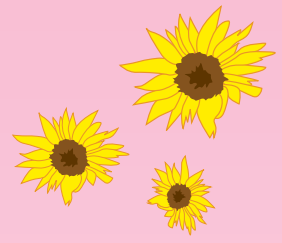


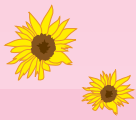
# YOUNG WOMEN...

get breast cancer too!



**HELP  
SEEKING  
BARRIERS**

**Knowledge  
is Power!**



## BARRIERS

- unaware of breast cancer risk/symptoms
- not sure what to look and feel for
- not taken seriously by health care provider
- too busy (school, work)
- no health care provider
- no access to health care (transportation, rural setting)

## SOLUTIONS

- get informed ([teamshan.ca](http://teamshan.ca))
- be breast aware ([teamshan.ca](http://teamshan.ca))
- ask the question 'Could this be cancer?'
- take time for your health
- access student health services, public clinics
- access public transit or your support network



**TAKE CARE OF YOURSELF** ❤️



visit  
[teamshan.ca](http://teamshan.ca)

