

HAVE YOU DONE YOUR MONTHLY BSE?

DOWNLOAD OUR FREE DAISY WHEEL APP TO GET YOUR MONTHLY REMINDER



Learn the **8 simple steps** of how to perform a breast self-exam (BSE) with The Get In Touch Foundation's **free** Daisy Wheel App. Use the **calendar sync** to set regular reminders so you can know what is normal and healthy for YOU.

Download Our Free App:



www.getintouchfoundation.com

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