



**FOUNDATIONAL
BREAST CARE**



Breast Cancer Care
~ Health from Within ~

Foundational Breast Care would like to invite women to attend a morning gathering to mark International Breast Cancer Awareness Month.

With 1 in 8* women being diagnosed with breast cancer, breast awareness has never been so important for prevention, and as an ongoing support for those diagnosed with breast cancer.

**Breast care supports all women
in developing a positive relationship
with our breasts.**

Together we will explore this topic by:

- Connecting and sharing with other women in a supportive environment
- Hearing what women have learnt from their own breast cancer experience
- Understanding the importance of breast care and self-breast massage

**A light morning tea and nurturing hand massages
will also be available**

www.foundationalbreastcare.com

*Cancer Australia (2016) Breast Cancer Statistics.



Esoteric Women's Health
—  **HEALTH FROM WITHIN**

EVENT DETAILS

WHEN:

Sunday 9th October
9.30am - 1pm

WHERE:

Tintenbar Hall
Corner George St/
Tintenbar Rd
Tintenbar 2478

COST:

No Charge

BOOKINGS:

events@esotericwomenshealth.com

MORE INFORMATION:

events@esotericwomenshealth.com

WEBSITE:

esotericwomenshealth.com

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Mary-Louise