



# BREAST AWARENESS TALK

## SATURDAY MARCH 9TH

### 10AM - 11AM



Join Linda & Karen from the North Tees Breast Unit this IWD/ Mother's Day weekend and become empowered and knowledgeable about your body and your breasts.

In the session they will cover:

- ✦ Basic breast anatomy & awareness
- ✦ How to self-examine your breasts
- ✦ Signs of what to look for and how to act on it if you are concerned
- ✦ Information for those of you waiting on your first mammogram – what to expect, how long it takes etc

Book your space here:

<https://www.eventbrite.co.uk/e/breast-awareness-talk-tickets-844624714257?aff=oddtcreator>



This session is free to attend and there will be refreshments

Children are very welcome

The Women's Health Hub is an LGBTQIA+ affirming space

THE WOMEN'S HEALTH HUB, THE ARCHES SHOPPING VILLAGE,  
PARK ROAD, HARTLEPOOL, TS24 7PW

