



inspiring **beauty** through **caring**®

Mary Kay is committed to helping women whose safety and self-esteem are threatened due to violence. By raising awareness of this issue, we can foster understanding and give hope and help to women affected by violence. The goal of The Mary Kay Foundation is to break the silence on violence against women by providing resources that promote a greater understanding of the issue and effect social change. Did you know that 1 in 4 women in the United States experience domestic violence in their lifetime?

If you or someone you know is one of the 1 in 4 women,

TEXT "LOVEIS" TO 22522

for information and resources near you!

A COMMITMENT TO ENDING
DOMESTIC VIOLENCE



Breast Self Exam

1. In the Shower

~With fingers flat, move hand gently over every part of each breast.

~Use Right hand to examine left breast, left hand for right breast.

~Check for any lump, hard knot or thickening



2. Before A Mirror

~Inspect your breasts with arms at your sides.

~Next, raise your arms high overhead.

~Look for any changes in contour of each breast: a swelling, dimpling of skin or changes in the nipple.

~Then rest palms on hips and press down firmly to flex your chest muscles.

~Left and right breast will not exactly match-few women's breasts do.



3. Lying Down

~Put a pillow under right shoulder.

~With fingers flat, press gently in small circular motions; then squeeze nipple.

~Check for discharge and lumps

