How you can help…

- ✓ Spread the word about dense breast tissue and its significance in the early detection of breast cancer. Our Mission is to Prevent Late-Stage Cancers.
- ✓ Post the *Are You Dense* and *Are You Dense Advocacy* website links on your Facebook and Linked In pages. Follow Are You Dense and Are You Dense Advocacy on Twitter.
- ✓ Post an article from *Are You Dense* on your blog.
- ✓ Talk to, and educate your family and friends about the work of *Are You Dense*.
- ✓ Contact your federal representatives and ask them to support The Breast Density and Mammography Reporting Act of 2011
- ✓ Network with women in other states and let them know about the importance of their breast health.
- ✓ Sign up on website for updated information and to receive our newsletter.
- ✓ Ask your employer to donate to *Are You Dense, Inc*. When you donate, ask your company for the matching gift
- ✓ Organize and sponsor a home show party and donate the proceeds to *Are You Dense*, Inc.
- ✓ (ie. Silpada, Pampered Chef, Stella and Dot, Candles, Wine, etc.)
- ✓ Ask your favorite restaurant or retail store to sponsor a "charitable donation day" where a portion of their proceeds for sales goes to *Are You Dense, Inc.*
- ✓ Utilize your networks and ask them to volunteer their services to *Are You Dense* (legal, administrative, language, medical, marketing, political, scientific, commercial, etc.)
- ✓ Talk to your health care provider and give them the *Are You Dense* website.
- ✓ Organize a speaking event/fundraising event.
- ✓ Offer your area of expertise
- ✓ Make a honor donation, memorial donation or a wedding favor donation
- ✓ Be creative and have fun – we need **your** help!!!

Are You Dense, Inc.
www.AreYouDense.org
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