

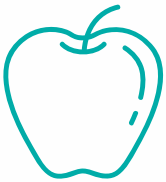


SHARSHERET[®]
The Jewish Breast & Ovarian Cancer Community

EDUCATE. EMPOWER. ACT.

Sharsheret, a national organization supporting women, men and families living with or at increased genetic risk for breast or ovarian cancer, focuses on educating young adults to take charge of their health, empower others to do the same and then take action to make good decisions that can positively affect them in the future. A healthy lifestyle now can reduce your risk of disease.

TAKE CARE OF YOURSELF



EAT HEALTHY
FOODS



DRINK WATER



FORM POSITIVE
RELATIONSHIPS



BE ACTIVE



GET SLEEP



LIMIT USE OF
TECHNOLOGY



VISIT THE
DOCTOR



LEARN YOUR
FAMILY MEDICAL
HISTORY



REDUCE STRESS

LEARN. SHARE. ENGAGE.

Check in on your friends and loved ones. At a young age, one learns about the Jewish tradition of *bikur cholim*, visiting the sick, which is an act of kindness that can make a big impact on your friends, family and community. Sharsheret is an organization that performs *bikur cholim* every day for those throughout the country. By taking action, you can make a real difference in the lives of your friends and family.

TAKE CARE OF YOUR COMMUNITY

ASK YOUR FRIENDS/FAMILY:

Do you want some company?

Do you need a hug?

Just wanted you to know that I am thinking of you, no need to get back to me.

Hey, can I bring you your homework?

GET INVOLVED

EDUCATE AND EMPOWER YOUR COMMUNITY.

BECOME A SHARSHERET AMBASSADOR.

LEAD A PROGRAM/EVENT FOR YOUR FRIENDS, FAMILY, COMMUNITY OR SCHOOL.

