

# LMG SOCIAL KIT



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## SUGGESTED CAPTION:

Don't let it slide! Regular self-checks are a part of your well-being routine. Give your gurls a feel, and if you notice anything unusual, don't ignore it. Roll on over to your doctor for peace of mind!

#LoveofMyGurls #TOUCHBBCA



## SUGGESTED CAPTION:

We know it can be a little scary, but it's so important to be an advocate for yourself! You got this, gurl! 🌟💖

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## SUGGESTED CAPTION:

Embrace your unique gurls and give them the attention they need! 💖 Remember, early detection saves lives, so let's check 'em all and spread the word!

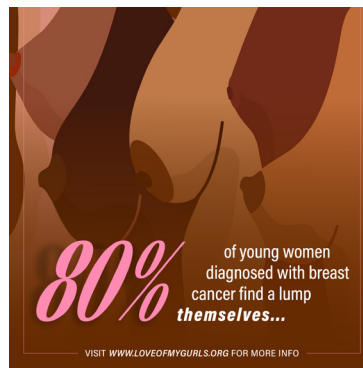
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## SUGGESTED CAPTION:

#KnowYourNormal so you can recognize when something's not right. Keep an eye out for changes to your gurls, and talk to your doctor if you notice anything out of the ordinary.

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## SUGGESTED CAPTION:

The best gift you can give yourself is to #CheckYourBreasts often! This makes it easier to notice irregularities like lumps, dimples, or changes to the areola that could be signs of breast cancer.

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## SUGGESTED CAPTION:

Too often, young Black women unaware of their risk are dismissed by doctors and end up with delayed, more advanced breast cancer diagnoses. Get informed and don't be afraid to speak up for yourself.

Check out loveofmygurls.org to find out more about how to protect yourself.

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**Make a difference for  
Black Gurls everywhere**

[WWW.LOVEOFMYGURLS.ORG](http://WWW.LOVEOFMYGURLS.ORG)