

# LEARN HOW TO DO A BREAST SELF-EXAM

Download The Get In  
Touch Foundation's  
FREE Daisy Wheel App to  
**make breast self-exams  
routine all year long!**

Available for Apple and  
Android phones, the  
Daisy Wheel App teaches  
the 8 steps of a breast  
self-exam, is available in  
9 languages, and can sync  
to your calendar for  
regular reminders.



**DOWNLOAD THE APP**  
[getintouchfoundation.org](https://getintouchfoundation.org)

**the Get In Touch**   
**Foundation**