

YOU TAKE CARE OF IOWA. NOW IT'S TIME TO CARE FOR YOURSELF.

Making time for regular breast and cervical cancer screenings can be a challenge. Between caring for family, work schedules and the other demands of life, sometimes health can fall off the to-do list.

Now it's time to Care for Yourself. Take the first step. Call your local Care for Yourself Program today at 1-866-339-7909. Learn more at www.idph.iowa.gov/cfy.

SCAN ME!



**CARE FOR
YOURSELF**
Breast & Cervical
Cancer Screening

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THEY **COUNT** ON YOU.

YOU CAN **COUNT** ON US.



YOU'VE DEDICATED YOUR LIFE TO CARING FOR YOUR COMMUNITY. NOW IT'S TIME TO CARE FOR YOURSELF.

Regular breast and cervical cancer screening can catch cancer early, when it's easiest to treat.

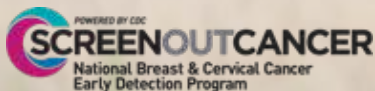
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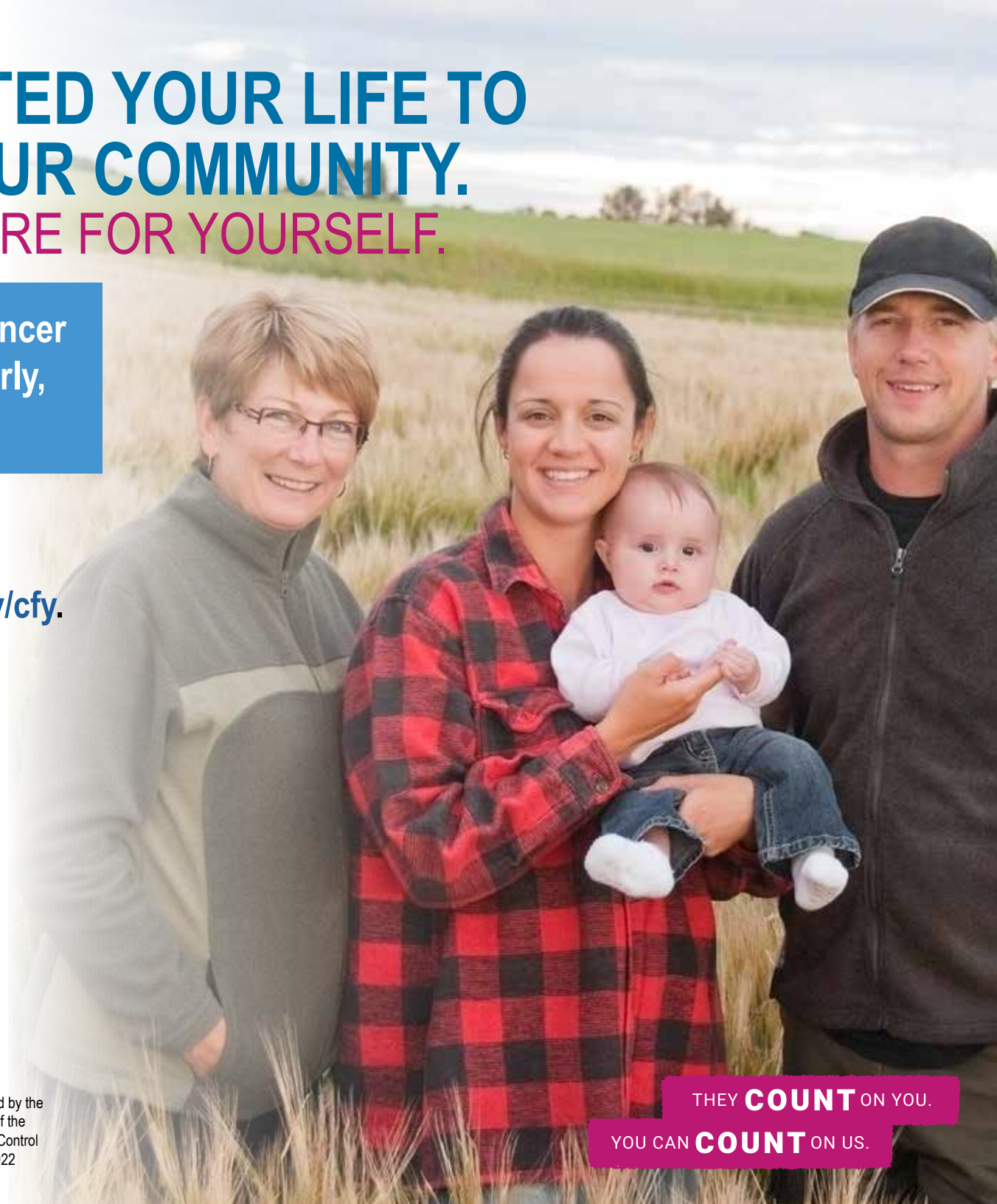
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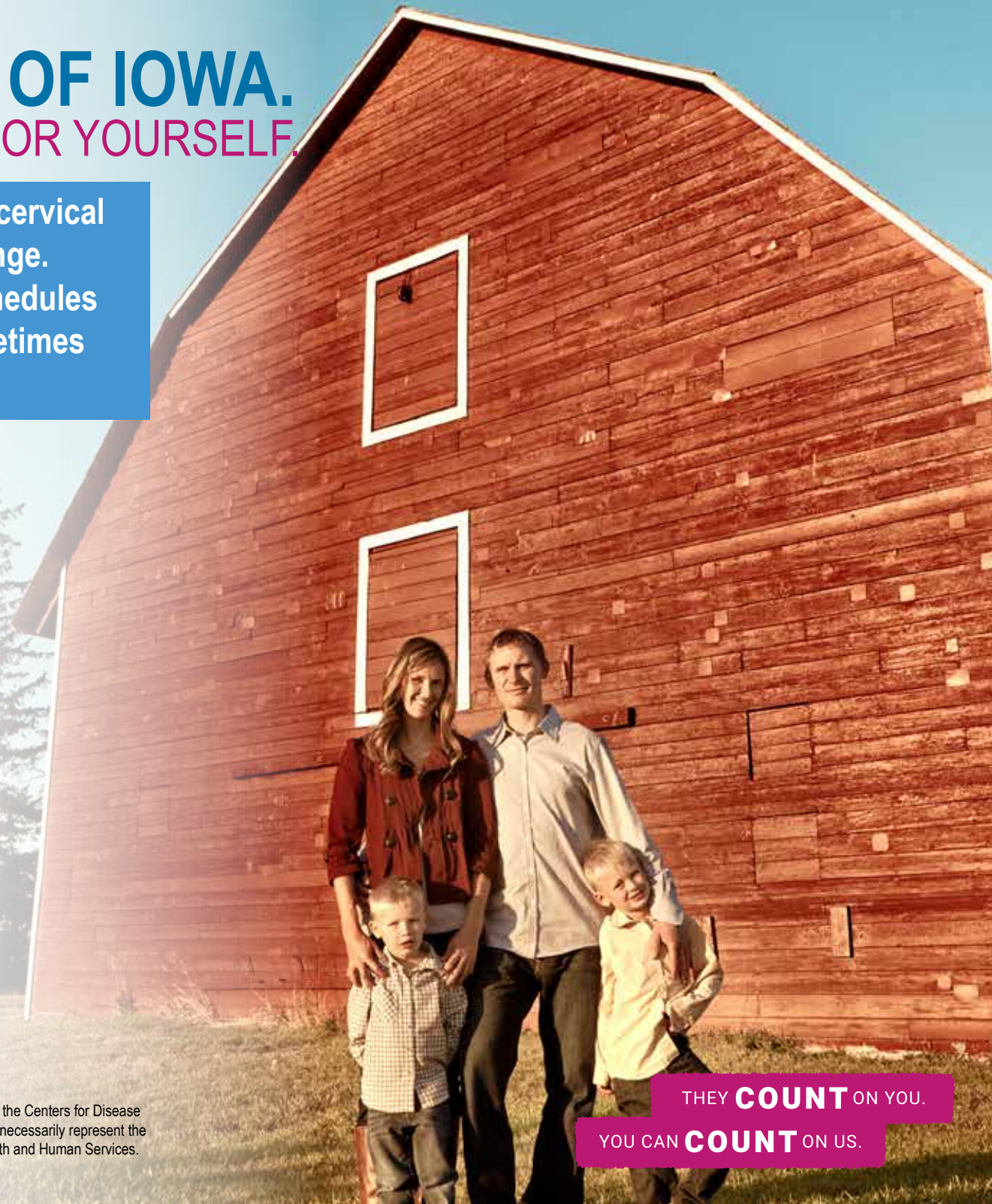
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