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**Promote your talk:**

To help advertise your Health Hour event,

[**click here to download and edit our poster template**](https://preventbreastcancer.org.uk/wp-content/uploads/2021/05/Prevent-Breast-Cancers-Health-Hour-_-Poster-invite-template.docx).

**Useful information to share with your employees:**

* Learn [‘**The Essentials: 5 points in 5 minutes**’](https://preventbreastcancer.org.uk/wp-content/uploads/2021/05/5-points-in-5-minutes-Poster.pdf) and [‘**Why we need your support**’](https://preventbreastcancer.org.uk/wp-content/uploads/2021/05/Why-we-need-your-support-_-Poster.pdf).
* Find out **how to check your breasts** in [**this video**](https://www.youtube.com/watch?v=cMQMZU1W7bI&t=16s)**.**
* Refer our **Health Hour** talk to a friend! [**Share this link**](https://preventbreastcancer.org.uk/get-involved/health-hour-awareness-talk/)**.**
* If you wish to donate, [**you can do so here**](https://preventbreastcancer.org.uk/donate/).
* Stay in touch – follow us on [**Facebook**](https://www.facebook.com/WeArePreventBreastCancer/), [**Instagram**](https://www.instagram.com/preventbreastcancer/), [**Twitter**](https://twitter.com/wearepreventBC) and [**LinkedIn**](https://www.linkedin.com/company/prevent-breast-cancer)**.**
* [**Sign up to our newsletter here**](https://preventbreastcancer.org.uk/contact/communication-preferences/).

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