

Activity: Breast Health Penny Story

Objective: Review breast health messaging and promote breast cancer screening.

Helpful Materials: One penny for each participant.

Note: This activity was adapted from the *Understanding Cancer Activity Guide* by Dr. Melany Cueva from the Alaska Native Tribal Health Consortium.

Directions: Play the Penny Game by reading the penny story. Give each participant a penny. Have participants stand next to each other in a circle. The trainer or participants can read the penny story aloud.

When participants hear the word “right,” participants pass their penny to the person on their right. When they hear the word “left” they pass their penny to the person on their left.

After reading the penny story, invite people to share what they learned. Have fun playing!

Breast Health Penny Story



Welcome. It's a right fine day to learn the importance of breast health. There is no one right way to take care of your health only what's right for you. When it comes to breast health, don't be left out remember to check both your right breast and your left breast.

Mrs. Right wanted to stay healthy so right away on her birth date every month she would check her own breasts- both the right and the left making sure not to miss any areas. She looked right at herself in the mirror to make sure there wasn't anything unusual; first the left side and then the right side. Also, she would call her mother to remind her to have her yearly clinical breast exam and a mammogram. Have it right away, don't be too busy and wait!

Most breast cancers are found in women over the age of 50. Being a woman and getting older are the biggest risk factors for breast cancer. Yes, you're right men can also get breast cancer. Family is right important. Share your knowledge with friends and family to support wellness. No one is left out.

Mrs. Right didn't want her daughter to be left out so together they discussed cancer prevention and wellness. Exercise can reduce breast cancer risk by 30% -40%. WOW, move your right foot and your left foot and step forward for health. Dance, wiggle squirm for 30 minutes every day! Being overweight increases your risk of breast cancer, so move to maintain a normal weight. Eat fruits and vegetables every day to decrease your cancer risk. That's right! Make sure half your plate is fruits and vegetables.

Together Mrs. Right, Mrs. Right's daughter and Mrs. Right senior were on the right path to wellness. Three healthy choices they made are: doing a self breast exam every month, being aware of how their breasts normally look and feel, having a breast exam by a health care provider and celebrating the right fine age of 40 by having a mammogram every year.

Give the gift of wellness and tell a friend. Support right fine choices to live in healthy ways. Schedule your own clinical breast exam and mammogram to check both your left and right breasts. Right on!