

Health & Beauty News

A Stylish Way To Combat Cancer

(NAPSA)—Good news for the fashionable and the compassionate is that a delightful new collection of pink ribbon accessories is available from a leading designer and producer of fashion jewelry—and a portion of the proceeds will go to The Libby Ross Breast Cancer Foundation.

What's Being Done

The mission of the foundation is to make a significant difference in the lives of women afflicted with breast cancer through unique support programs and to help eradicate the disease through research and early detection. It may be best



Wearing a heart on your sleeve—or around your neck in the form of a pink ribbon heart pendant—can be a beautiful way to help women recovering from cancer.

known for its Pose For Pink Yoga Program, which offers free yoga classes to women recovering from breast cancer. The classes are designed to address the specific needs and physical restrictions of breast cancer survivors.

The program also provides participants with the opportunity to bond with other women who have had or who are currently being treated for the disease.



Wearing a sparkling pink ribbon pin can be a good way to help a nonprofit foundation that's working to help women overcome breast cancer.

The Swarovski breast cancer awareness collection includes a pink ribbon charm, a pink ribbon heart pendant and a pink crystalline pen, all available at Swarovski's 230 boutiques nationwide and through authorized Swarovski retailers.

What Else You Can Do

As for reducing your own risk, the experts at the U.S. Centers for Disease Control and Prevention suggest you:

- Get screened for breast cancer regularly.
- Control your weight and stay active.
- Know your family history of breast cancer. If you have a mother, sister or daughter with breast cancer, ask your doctor about your risk.
- Understand the risks and benefits of hormone replacement therapy.
- Limit the amount of alcohol you drink.

Where To Learn More

You can learn more at www.thelibbyrossfoundation.com and www.swarovski.com.