



# WOMEN'S HEALTH

## Getting Involved In The Fight Against Breast Cancer

(NAPSA)—This year, according to the American Cancer Society, an estimated 212,920 women in the United States will be found to have invasive breast cancer. In addition, there are slightly more than 2 million American women who have been treated for it. But whether you have a personal connection to the disease—or just a caring place in your heart—you can get involved in the fight.

There are many things that you can do to support the cause. Organizing large or small community events, spreading the word and recognizing others who are making great strides are simple ways to contribute.

Fundraising can be fun and easy through programs such as Yoplait® Save Lids to Save Lives®. In September and October, special pink lids will top Yoplait 6-ounce and 4-ounce yogurt cups—and for every lid saved and mailed in, Yoplait will donate 10 cents to the Susan G. Komen Breast Cancer Foundation, up to \$1.5 million with a guaranteed minimum donation of \$500,000. Here are some easy events and ways to participate:

- Set up a lid collection program in your office, at your gym, at your children's day care center or school. Yoplait offers an online Lid Collection Kit, where you can download posters, stickers and other tools to help you organize, mobilize and collect more lids. Send your lids in to Yoplait by December 31, 2006.

- Hold a community event—a



**There are many ways for people to join the fight against breast cancer.**

potluck dinner or a kids' talent show—and charge lids as the admission.

- Organize a bake sale and use lids as currency, charging lids for baked goods instead of money.
- Participate in your local Komen Race for the Cure®.
- Nominate a friend, family member, co-worker or yourself to be a Yoplait Champion.

For the third time in four years, Yoplait is searching for up to 25 women and men doing extraordinary things in the fight against breast cancer. Each Champion, selected from the nationwide search, will receive a \$1,000 donation benefiting the breast cancer charity of her or his choice. Nominations can be submitted online between September 18 and November 6, 2006.

To find additional ways to get started, visit [www.yoplait.com](http://www.yoplait.com).