How you can help...

- Spread the word about dense breast tissue and its significance in the early detection of breast cancer. Our Mission is to Prevent Late-Stage Cancers.
- Post the *Are You Dense* and *Are You Dense Advocacy* website links on your Facebook and LinkedIn pages. Follow Are You Dense and Are You Dense Advocacy on Twitter.
- Educate your family and friends about the work of *Are You Dense Inc & Are You Dense Advocacy Inc.*
- Contact your federal representatives and ask them to support The Breast Density and Mammography Reporting Act.
- Network with women in other states and let them know about the importance of their breast health.
- Sign up on website for updated information and to receive our newsletter.
- Ask your employer to donate to *Are You Dense, Inc.* When you donate, ask your company for the matching gift.
- Raise funds through Crowdrise in honor of Are You Dense, Inc. [https://www.crowdrise.com/areyoudenseinc](https://www.crowdrise.com/areyoudenseinc)
- Organize and sponsor a home show party and donate the proceeds to *Are You Dense, Inc.*
- (ie. Silpada, Pampered Chef, Stella and Dot, Candles, Wine, etc.)
- Ask your favorite restaurant or retail store to sponsor a “charitable donation day” where a portion of their proceeds for sales goes to *Are You Dense, Inc.*
- Utilize your networks and ask them to volunteer their services to *Are You Dense* (legal, administrative, language, medical, marketing, political, scientific, commercial, etc.)
- Talk to your health care provider and give them the *Are You Dense* website.
- Organize a speaking event/fundraising event.
- Volunteer on an Are You Dense fundraising committee.
- Offer your area of expertise.
- Make a honor donation, memorial donation or a wedding favor donation.
- Be creative and have fun – as your help matters!!!

*Are You Dense, Inc.*
[www.AreYouDense.org](http://www.AreYouDense.org)

*Are You Dense Advocacy, Inc.*
[www.AreYouDenseAdvocacy.org](http://www.AreYouDenseAdvocacy.org)

Follow us on:

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*Are You DENSE?*
exposing the best-kept secret®

*Are You DENSE?*
because your life matters®