



**GIRRRL!**

**YOU ARE INSPIRING AND  
BEAUTIFUL – DON'T EVER CHANGE**



**Cancer Council**  
Girls' Night In

# PROMISE ME YOU'LL BE PROACTIVE AND TAKE CARE OF YOURSELF.

- Get your health checks (Cervical Screening Test, Mammogram, Skin check, check in with your GP)
- Eat healthily and drink less alcohol
- Quit smoking
- Exercise regularly
- Be SunSmart (a wide brim and rashie is the new black)

[GIRLSNIGHTIN.COM.AU](http://GIRLSNIGHTIN.COM.AU)