

Healthy Breast ProgramTM

Women's Creed

As a woman, I am a voice for the creativity of the earth and cosmos.

I relate to my body as the sacred temple for my spirit and actively promote its health and well-being.

As a woman, I guard my children's health and the health of my community and local environment. I work to protect and improve the local soil, water quality and air quality so that it may sustain future generations.

As a woman, I recognize the interconnectedness of all life and acknowledge the consequences of my actions on other species and humans in locations near and distant.

I choose food that is organically grown, non-GMO, and adopt a primarily vegetarian diet.

As a woman, I choose to say "no" to plastics, pesticides, hormone-disrupting chemicals, and to people and situations that do not serve my wellbeing. I speak up and stand my ground.

As a woman, I nurture my spiritual life and healthy relationships.

I unite with other women to bring the planet back into balance in the ways that I am able.

*As women, together we stand – **Whole, Optimistic, Mindful, Empowered and Nurturers** for ourselves, our loved ones, Mother Earth and future generations.*