

Who are we ?

Regional Intra Health Initiative - Africa (RIHI-Africa) is a distinguished nonprofit organization rooted in Kenya. Our history is steeped in a strong commitment to addressing healthcare, livelihood, and climate-related challenges, with a specific emphasis on marginalized communities.

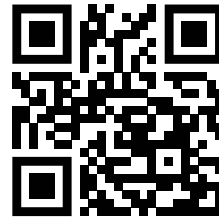
RIHI-Africa was founded by dedicated indigenous volunteer healthcare professionals who recognized the urgent need to bridge healthcare disparities and elevate healthcare standards among underserved populations. Our operational focus extends to Kenya's Frontier Counties, which include Garissa, Wajir, Mandera, Tana River, Lamu, and Isiolo.



<https://rihi-africa.org>



**EARLY
DETECTION
SAVES
LIVES**



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REGIONAL INTRA
Health Initiative

REGIONAL INTRA-HEALTH INITIATIVE-AFRICA (RIHI-AFRICA)

*"A TRUSTED & TESTED REGIONAL HUB PROVIDING
HEALTHCARE SOLUTION ACROSS THE REGION"*



Breast Health Awareness Program

Stronger Together

<https://rihi-africa.org>



What YOU need to know?

This brochure is designed to provide you with essential information about breast health, self-exams, early detection, and support resources. Your breast health matters, and we're here to empower you with knowledge.

1. "Early Detection:- A Lifesaver!"

Stand with us as we shed light on breast cancer and emphasize the critical role of regular screenings in saving lives.

2. "Pinktober:- Uniting for the Cause!"

October marks Breast Cancer Awareness Month. Let's unite to support survivors and pay tribute to those we've lost.

3. "Think Pink, Embrace Strength!"

Show your solidarity with breast cancer survivors and warriors by proudly wearing the color pink.

4. "Know Your Risk, Be a Voice!"

Empower yourself with knowledge. Understand breast cancer risk factors and become an advocate for early detection.

5. "Mammograms: A Matter of Life!"

Encourage the women in your life to prioritize regular mammograms. It has the potential to save a precious life.

6. "Strength, Hope, Courage: Embracing Breast Cancer Awareness!"

Join us in celebrating the resilience of survivors, nurturing hope for a cure, and acknowledging the courage to battle breast cancer.

7. "You Are Not Alone on this Journey!"

Extend your support to those affected by breast cancer. Community support plays a vital role in their journey.

8. "Wear the Pink Ribbon, Embrace the Pink Spirit!"

Wear your pink ribbon proudly and actively contribute to raising awareness about breast cancer.

9. "Together, We Can Conquer Breast Cancer!"

Join hands with us in the fight against breast cancer. Even the smallest efforts can make a significant impact.

10. "Early Detection:- Your Shield of Protection!"

Prioritize regular check-ups and screenings. Early detection is the strongest defense for a brighter future.

11. "Hope, Faith, Love:- Fostering Breast Cancer Awareness!"

Spread hope, hold onto faith in the battle, and share love with those confronting breast cancer.

12. "Honoring Fighters, Celebrating Survivors, and Never Losing Hope!"

Let us pay tribute to and honor the incredible individuals who have faced breast cancer with unwavering strength and resilience.

It's time for a Check Up

*"The only thing we have to fear is fear
itself. So the only thing to be really
afraid of is if you don't go get your
mammograms."*

— Cynthia Nixon

