



She is clothed with strength and dignity; she can laugh at the days to come

Proverbs 31:25

Inspiring women to develop an outward style to reveal their inner beauty!

Hello Beautiful Friend!



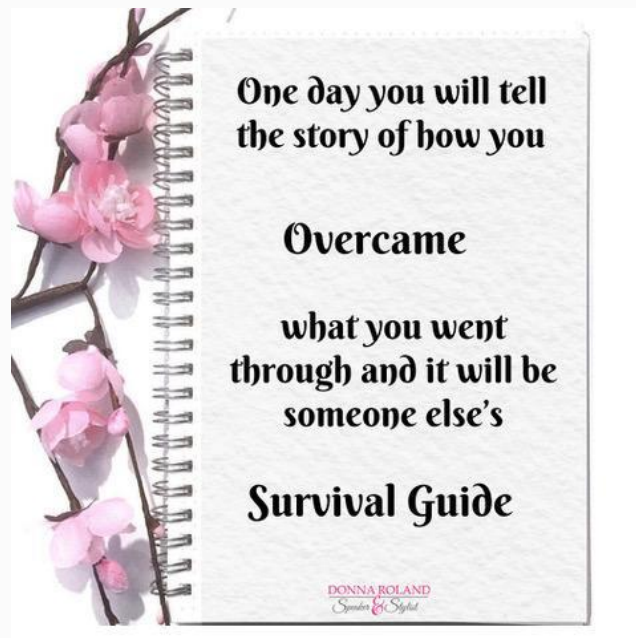
October is Breast Cancer Awareness month so I can't let it go by without encouraging you to get your annual mammogram! Because I have no family history and felt nothing on self-exam, a mammogram saved my life almost five years ago. It is a simple thing you can do that might save yours too! Like many of you, as a businesswoman, wife and mother, it's easy to let things go when it comes to our self-care, but I never missed a single mammogram appointment, and I am so happy I didn't!

Did you Know?

- 75% of women diagnosed with breast cancer have no family history and are not considered high risk
- 1 in 8 women will be diagnosed with breast cancer

- 1 in 6 breast cancers occurs in women between the ages of 40-49
- Even for women 50+, skipping a mammogram every other year would miss up to 30% of cancers
- 2 out of every 100,000 men will be diagnosed with breast cancer
- Mammograms alone find 85-90% of breast cancers
- Current guidelines recommend a yearly mammogram for women 40 and older

I am honored to be an Ambassador for Breast Cancer Awareness, and I want to encourage each of you to PLEASE make an appointment for your annual mammogram if you haven't already!



After my breast cancer journey, God placed on my heart a presentation to share with women at events "Get Up, Dress Up, Never Give Up!"

We all have a story.

Some scars are just more visible than others. As I share my story, I want to be an encouragement to you as you live out *your* story!

We will also have fun as I share fashion tips for choosing your best colors, styles, and accessories to help you look your very best! See my [Speaker Sheet](#) below and share it with your event planners if you would like me to be your next speaker at your event.

As the weather is changing and the temperatures are dropping, I am seeing more and more of the fall and winter trends in fashion in the stores. I will be sharing in the next few emails many more of the beautiful and

stylish fall fashion trends so be watching your inboxes!

From a heart filled with grace and veins filled with glitter,
Donna

P.S. Is your church or ladies organization planning an event? I would love to be your Guest Speaker! [Email](#) or call 865.599.6682

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