



DETECT EARLY. SAVE LIVES.

The Brem Foundation's Re-Bra initiative is a unique, innovative and easy way for women to donate bras to women in need.



Re-Bra originated as a way to offer breast surgery patients the opportunity to transform their pre-surgery bras that no longer fit, into a vehicle for good. Re-Bra has grown into an expansive bra collection program giving women the opportunity to donate their gently used bras to women in need. Every bra donated through Re-Bra includes Brem's breast health information in English and Spanish, and local resources where women can get screened.

### **What Brem will Provide**

- Re-Bra tags
- Labels for the tags with info on where women can get low-cost screenings in your area
- Pink pins
- Materials to paste on box/bin
- A list of donation centers near you
- Other breast health resources (digital and/or printout)

### **How can I help get bras into the hands of women in need?**

**1**

Grab a bin or box to use for donations - any type of collection bin will work! Brem will provide materials to put on the bin (we can also include your logo on the materials).

**2**

Gather your gently used bras, collect amongst your friends and family, or hold a community Re-Bra drive.

# 3

Get a group together, or recruit individual volunteers to tag the collected bras with Brem's Re-Bra tag. Tag includes breast health information in both English and Spanish. Brem will provide Re-Bra tags and pink safety pins for the tags. We can also provide stickers (which get put on the blank space) with screening location info for screening locations in your area.

# 4

Take a photo with all of the bras you collected to show off your hard work and support! Send to [info@bremfoundation.org](mailto:info@bremfoundation.org) along with your handles so we can share on social media. Or tag us @thebremfoundation on Facebook and Instagram and @bremfoundation on Twitter if share out your Re-Bra efforts!

# 5

Donate the tagged bras to a local clothing distribution center near you. Brem can help identify centers in your area should you want help to find a clothing donation center near you.



## Get Screened.

Mammogram. Yearly.  
On time. Every time.

## Examíñese.

Mamograma Anual.  
A tiempo. Cada Vez.

### age/edad 40+



**Get your mammogram every year.**  
Hágase su mamograma cada año.



**Ask your doctor about your own risk.**  
Family history? Dense breasts? Genetics? Lifestyle? (diet, alcohol, exercise)  
Pregúntele a su médico acerca de su propio riesgo.  
¿Historia familiar? ¿Pechos densos? Genética?  
¿Estilo de vida? (dieta, alcohol, ejercicio)



**Do I need additional screening PLUS a mammogram?**  
Ultrasound? MRI? Other screenings?  
Necesito exámenes adicionales después de hacer mi mamografía anual? ¿Ultrasónido? Resonancia magnética? /otros exámenes?



**Speak up! Seek another opinion if something isn't right.**  
¡Alce su voz! Busque otra opinión si algo no está bien.

### age/edad 29-40

Talk to your doctor about YOUR risks to see if you should get screened early.

Hable con su médico sobre sus factores de riesgo para ver si debe realizarse una prueba de detección antes de tiempo.

#### How Much Will It Cost? ¿Cuánto costará?



Most women can get a mammogram for **FREE**, but if you need additional testing, contact a patient navigator or health provider.

La mayoría de mujeres pueden hacerse la mamografía **GRATIS**, pero si necesita estudios adicionales comuníquese con navegadora o proveedor de salud.

## Contact Us

Brem Foundation

8720 Georgia Avenue, Suite  
302 Silver Spring, MD 20910

202.505.1104

[info@bremfoundation.org](mailto:info@bremfoundation.org)

[bremfoundation.org](http://bremfoundation.org)





## Donate Bras, Spread the Love!

Re-Bra collects, cleans and donates bras to women in need. Every donated bra includes breast health information in English and in Spanish.

[bremfoundation.org](http://bremfoundation.org)



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