

# WITNESSES



IN CHURCH,  
PEOPLE WITNESS  
TO SAVE SOULS.

AT THE  
WITNESS PROJECT<sup>®</sup>,  
THEY WITNESS  
TO SAVE LIVES.

# WITNESSES FOR LIFE

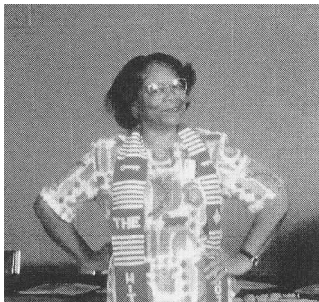
THE WITNESS PROJECT<sup>®</sup> is a health education program for African-American women in churches and community centers across



Arkansas.

It features a group of African-American women who each “witness” about her triumph over breast or cervical

cancer. Together, they preach the good news that cancer doesn’t have to be an automatic death sentence. The key is to catch it early and get it treated.



# BODY AND SOUL

The project offers more than just hope, though. It also teaches women some simple things they can do in their own lives to protect themselves against breast and cervical cancer. One thing is breast self-examination.



Trained health instructors at each program use special breast models to show the audience how they can check themselves for signs of breast cancer. The audience members then get a chance to practice what they've learned by searching for lumps in the models.

In addition, the instructors answer questions about things like Pap tests (a test to find cervical cancer) and mammograms (a special kind of X-ray to look for breast cancer). Women will have a chance to find out where in their communities they can have these tests done at low (or, in some cases, no) cost.

# WITNESS SUCCESS

THE WITNESS PROJECT<sup>®</sup> is a program that can save lives. If you want to know what you can do – or if you want to have this program in your church or organization – please let us hear from you:

**(800) 275-1183**

Through their support of THE WITNESS PROJECT<sup>®</sup>, the following organizations are largely responsible for its success:

- American Cancer Society, Arkansas Division
- Arkansas Cancer Research Center at the University of Arkansas for Medical Sciences
- Arkansas Breast and Cervical Cancer Control Program at the Arkansas Department of Health
- Avon Foundation Breast Care Fund
- Central Arkansas Radiation Therapy Institute
- Delta Area Health Education Center
- National Black Leadership Initiative on Cancer
- National Cancer Institute
- Susan G. Komen Breast Cancer Foundation
- Health Education Program at the University of Arkansas at Little Rock

We are interested in offering this program to more communities, but we need more volunteer “witnesses.” A training program is available for women who want to help us; there is also a videotape – “If I can Help Somebody – Witnessing to Save Lives.” To learn more, please call or write to:

University of Arkansas for Medical Sciences  
College of Public Health  
4301 W. Markham St., #820  
Little Rock. AR 72205-7199

**THE WITNESS PROJECT<sup>®</sup>**  
IT'S GOOD FOR BOTH BODY AND SOUL.

