



FOR IMMEDIATE RELEASE

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Celebrate National Self-Check Month This February

Self chec is sharing the month of February with Valentine's Day to remind each of us that besides loving others, self-love should be practiced every day of the year.

February, 2020 — New York, New York. **"Please let me be okay!"** Even before we get our test results, we start bargaining... I'll change, I'll eat better, I'll get more exercise, I'll stop smoking and drinking. It's a scary thing to confront cancer, heart disease and any other illness. Not to mention time-consuming, expensive and emotionally taxing. And when treatment fails, heartbreaking.

"Through prevention, early detection self-checks and wellness care, we can help reduce the odds of getting sick in the first place. Doing so can mean the difference between living a full and healthy life, suffering from illness, or dying too early, yet we often find lots of excuses: we're too busy, we're scared or convinced it won't happen to us, or we're just not comfortable doing a self-check" says Joan Peckolick, Founder and Director of *Self chec*. "It's time for our attitudes to change ~ easier said than done.

National Self-Check Month is a great time for people to sit down and talk with their children and other loved ones about health concerns, perform self-checks, and schedule wellness visits with healthcare professionals. During February, and all year long, people can also visit selfchec.org to access a variety of free self-empowering tools and resources. **Free self-check reminders** are available and a **Caring Card Shoppe** will help nudge loved ones to do the same. They can also continue to spread the word through **#NationalSelfCheckMonth**.

About Self Chec

Self Chec is a 501(c)(3) non-profit organization whose mission is helping to save lives by raising awareness of the importance of early detection and preventative actions that help keep us healthy from cancer, heart disease, diabetes and obesity; chronic diseases that often, unnecessarily take the lives of some of our loved ones much too early.

For more information, please contact:

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