

DetecTogether

3 Steps Detect

DetecTogether is an organization that empowers individuals with life-saving knowledge by teaching the important skill of early cancer detection.

3 Steps Detect is an engaging and practical training that helps people recognize which life saving health changes to pay attention to, how to talk with your healthcare providers, and why timing matters.

PARTICIPANTS WILL LEARN

- **The Importance of Early Cancer Detection**

Understand how detecting cancer early can increase survival rates.

- **Health Changes That Can Be Warning Signs**

Learn to spot subtle but significant health changes that could be a sign of cancer or other serious condition.

- **Tracking and Documenting Symptoms**

Learn practical tools for observing, recording and communicating your symptoms with your healthcare provider.

- **Advocate for Timely and Accurate Medical Care**

Learn strategies to help you navigate the healthcare system.

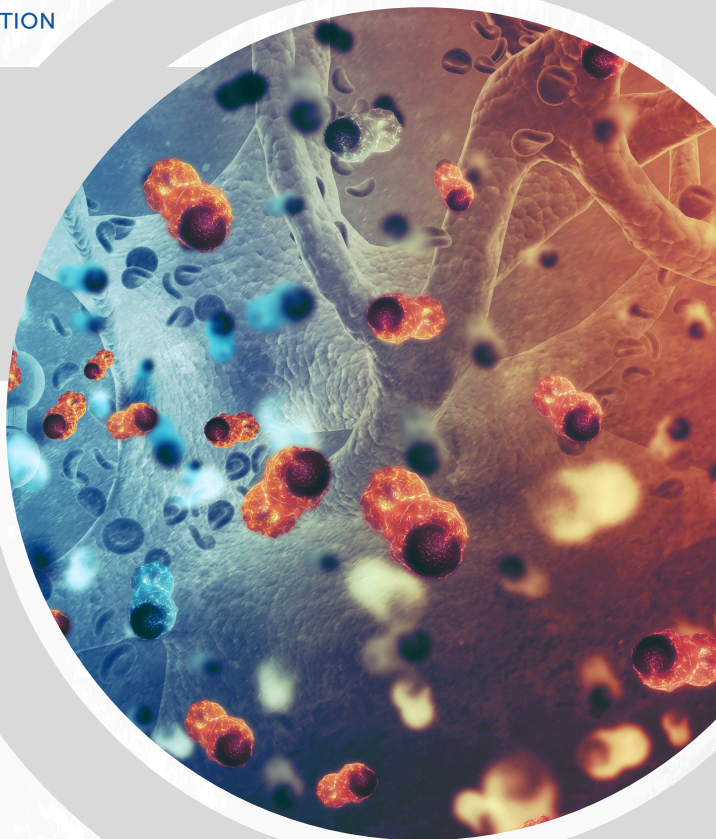
- **3 Steps Detect Approach**

DetecTogether's 3 Steps Detect model is a proven strategy to assess symptoms, seek care, and follow-through to improve your chances of early detection.

ABOUT THE INSTRUCTOR

Sandy Danault, Senior Director of Programs & Partnerships

Sandy has been sharing DetecTogether's life-saving message of early cancer detection for more than a decade, drawing on her experience as a cancer survivor, former EMT, and longtime educator. Now a full-time team member, she brings 19 years of expertise in developing health-focused programs and is passionate about empowering others to become their own best health advocate.



CLASS DETAILS

September 24, 2025

**5:00 pm - 6:30 pm
on Zoom**

Registration is required.

*Those who register will
receive instructions with
Zoom meeting information.*

To sign-up, please contact:

Brittney Dunphy, Community
Health Educator at
(207) 858-2318 or
bdunphy@rfgh.net.