

# 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.

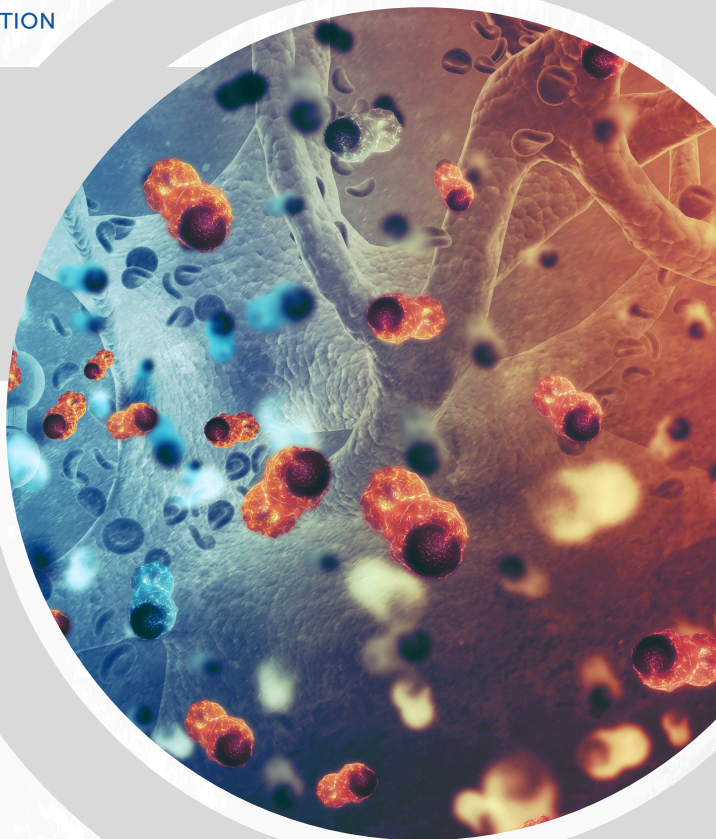
- **3 Steps Detect Approach**

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 25, 2025**

**9:00 am - 10:30 am**

**in Conference Room 1  
at RFGH**

**Registration is required.**

*Registration deadline is  
Friday, September 19, 2025  
at 12:00 pm.*

**To sign-up, please contact:**

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