



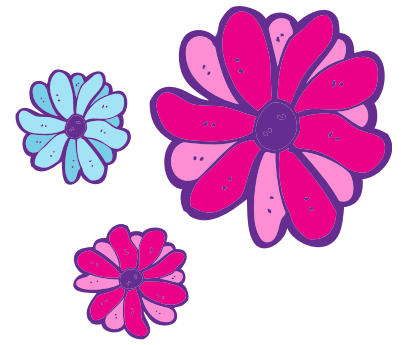
Education | Mammograms | Wigs | Support  
[checkforalump.org](http://checkforalump.org)

## **Check for a Lump Estate Planning & Legacy Giving Guide**

### **Check for a Lump**

Our mission is to provide free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support, and resources in Arizona.

[www.checkforalump.org](http://www.checkforalump.org) I.R.S. #27-4626148  
602-688-5232 [info@checkforalump.org](mailto:info@checkforalump.org)



Dear Supporter,

Thank you for considering a legacy gift to Check for a Lump. Your generosity ensures that women and families impacted by breast cancer receive the education, screenings, diagnostic testing, wigs, and support they need today, and for generations to come.

Leaving a gift in your will or estate plan is one of the most meaningful ways to extend your impact and become part of our enduring mission. To make a difference in the fight against breast cancer by providing free breast health education, mammograms, testing, and direct assistance to breast cancer patients with wigs, support, and resources in Arizona.

Should you choose to include Check for a Lump in your legacy plans, we would be honored to celebrate and recognize your thoughtful commitment. We invite you to submit a signed Letter of Intent outlining your planned gift. This enables us to acknowledge you as a cherished member of our Legacy Circle and ensures your generosity is honored in a manner that fully respects your wishes.

Together, we can continue to save lives and lighten the burden of breast cancer, well into the future.

With positivity and light,

Ashley Plum  
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www.checkforalump.org

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## About Check for a Lump

At Check for a Lump, we believe no one should face breast cancer alone, yet too many in Arizona are left navigating overwhelming barriers at the most frightening time of their lives.

What makes us unique, is our willingness to stand where there is a need. Where national programs stop, government aid falls short, and smaller nonprofits specialize in only one service, we provide a comprehensive continuum of care through our four pillar programs: education, mammograms and diagnostics, wigs, and support. This ensures that a woman can come to us at any stage, whether she is seeking prevention information, screening, support, or survivorship, and find compassionate, practical help.

Our community-based model makes us resourceful, responsive, and deeply personal. We don't just offer resources, we hand-deliver Super Survivor Kits, host wellness workshops, and get to know clients at Unite events. We walk alongside patients through every step of their journey. Survivors often tell us that what they remember most is not just the tangible support but the feeling of being valued and cared about.

We also take a proactive approach to equity. Many of the women we serve are uninsured, low income, or Spanish-speaking. By providing free bilingual education, mobile mammograms, and funding for diagnostics, we remove barriers that disproportionately affect women in low-income and minority communities. This not only saves lives but also empowers women and families with knowledge and hope.

Ultimately, our work is powered by the belief that small acts of compassion create lasting impact. A wig can restore dignity. A mammogram can save a life. A kit can bring comfort during treatment. A community can provide hope. With your support, Check for a Lump will continue turning these small but mighty services into life-changing outcomes for Arizona breast cancer patients

Founded in 2009 by breast cancer survivor Holly Rose, Check for a Lump provides free programs to the community, including:

- **Breast Health Education** – Knowledge saves lives. Our free bilingual Breast Health Magazine (printed & online) shares risk-reduction tips, screening guidelines, and local resources. We expand our reach through Wellness Workshops, podcasts, and digital education.
- **Free Mammograms & Testing** – Early detection matters yet cost and access stop many women from screening. We provide free mammograms along with any needed follow-up diagnostics ensuring accessible, timely care.
- **Wigs & Super Survivor Kits** – Chemotherapy can affect confidence. We provide qualifying patients with a brand-new wig, selected from a partnering wig shop. Helping them face treatment with strength and dignity. Each newly diagnosed patient receives a hand-delivered Super Survivor Kit, filled with comfort items created by our volunteers.
- **Community Events & Advocacy** – Survivors join Super Survivor Unite events for education, peer support, healing, and community.

Your estate gift ensures these vital programs continue to thrive.



## Ways to Give Through Your Estate

A legacy gift can be tailored to your personal and financial goals.

Options include:

- Bequest in Your Will or Trust -Leave a specific dollar amount, percentage, or asset to Check for a Lump.
- Beneficiary Designation -Name Check for a Lump as a beneficiary of your retirement plan, life insurance, or bank account.
- Charitable Trusts or Annuities - Provide income to your loved ones while supporting our mission long-term.
- Gifts of Real Estate or Appreciated Assets - Potential tax savings while making a lasting difference.

## Sample Bequest Language:

To include Check for a Lump in your will, you may share this language with your attorney:

"I give to Check for a Lump, an Arizona nonprofit corporation, Tax ID # 27-4626148, currently located at 360 E Coronado Rd Suite #120 Phoenix, AZ 85004, the sum of \$\_\_\_\_ or \_\_\_\_% of my estate, or specific property described herein) for its general use and charitable purposes."

## Legacy Circle

When you include Check for a Lump in your estate plans, you become part of our Legacy Circle, a group of supporters whose vision and generosity ensure that no one faces breast cancer alone.

Members receive:

- Recognition in our annual report (if desired).
- Invitations to special gatherings.
- The satisfaction of leaving a lasting legacy of hope.
- Recognition on our website (if desired).

## Next Steps:

- Speak with your attorney or financial advisor about the best giving option for you.
- Join our Legacy Circle and inspire others to consider this meaningful act.
- Notify us of your decision so we can honor your generosity.
  - Return the Letter of Intent signed by yourself and your legal representation.

**"Because of you, the future will hold more survivors, more smiles, and more hope."**

For more information or to discuss your legacy gift confidentially, please contact:

Ashley Plum  
Executive Director  
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"What you leave behind is not what is engraved in stone monuments,  
but what is woven into the lives of others." -Pericles

