Jacksonville Jaguars quarterback David Garrard lost his mother Shirley to breast cancer when he was only 14. Fortunately, with early detection, more and more women are surviving breast cancer. That’s why he’s helping to spread the word about how you can take charge of your own breast health. The first step is to get your annual mammogram, available at Baptist Health hospitals in just one or two days. Call today for an appointment at 904.202.2222.

“I’m getting the word out about early detection of breast cancer, in memory of my Mom.”

David Garrard, Jacksonville Jaguars Quarterback