



Suited for Change & The Full Cup is Proud to Launch:

"Foundations for Success" Bra Fitting Service

Suited for Change has teamed up with well-known local bra fitting salon The Full Cup to provide on a monthly basis complimentary bra fitting & total breast wellness services to Suited for Change clients.

When going out for that important job interview, the "Foundations for Success" begins with feeling beautiful and confident underneath. Bra fitting experts from The Full Cup will visit the Suited for Change boutique on a *monthly basis* and provide complimentary, one-on-one, private attention to women on the benefits of wearing a proper fitting bra, and most importantly to teach women how to acknowledge and take care of their breasts. The Full Cup refers to this holistic approach as "total breast wellness".

Program Goals & Services:

- To help educate women on the importance of fit and form and how the lack of proper bra support can effect proper clothing fit;
- Provide do's and don't tips on bra fitting and what best compliments each woman's figure;
- To provide women's health advice & tips;
- Provide Suited for Change clients with resources and information on where to purchase affordable and proper fit underpinnings;
- When possible, outfit as many women as possible with gently used bras or new bras received from boutique customers, compliments of The Full Cup.

Fittings will be held the 1st Tuesday of each month.

April 6 – 2:30PM-4:30PM

May 4 – 2:30PM-4:30PM

June 1 – 2:30PM-4:30PM (Special Guest, International Bra Fitting Expert, Freddie Zappe)

**Suited for Change
1010 Vermont Ave. NW Suite 900
Washington, DC 20005
202-293-0351**

www.suitedforchange.org

Interested in sponsoring or supporting this new initiative? Please contact Tyna Gaynor, Suited for Change Executive Director at director@suitedforchange.org.

About The Full Cup

The Full Cup is a European bra fitting salon dedicated to educating women on the benefits of wearing the proper fitting bra but most importantly to teach women how to acknowledge and take care of their breasts. The boutique refers to this holistic approach as "total breast wellness". The store specializes in lingerie for women who wear band sizes 28-48 and cup sizes A-K. The bra fitting staff is trained and certified in the art of fitting women for a bra that's right for them - providing one-on-one attention, in a private, welcoming, and relaxed atmosphere. The Full Cup is very active in the local community by giving back and participating in various breast cancer events and other local charity organizations. For more information, visit www.thefullcup.com.