
BRA
Decorating
Curves®

Bra Decorating WINNER 2024

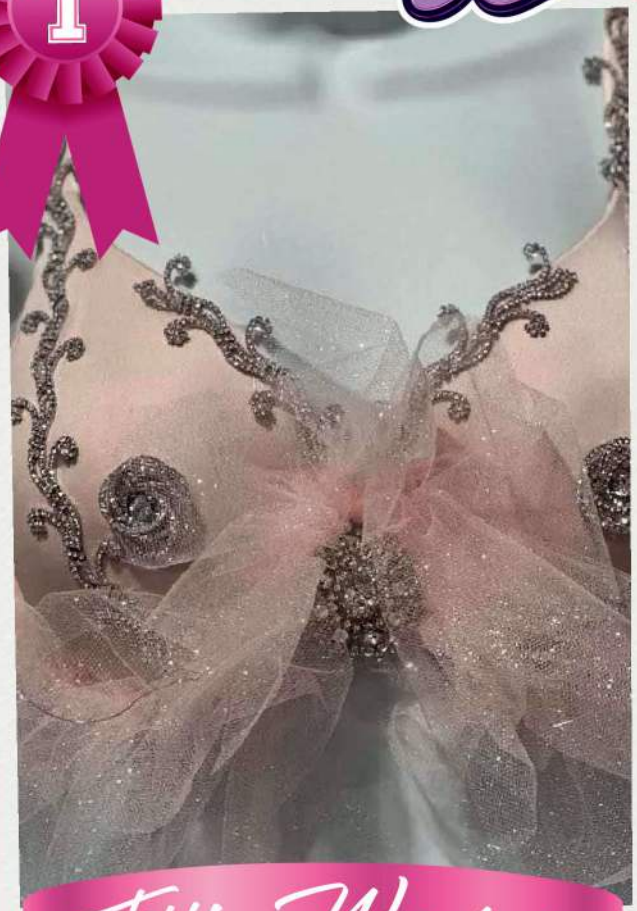


Tiffin Wyckoff

CONTINUE

BRA Decorating

1



Tiffin Wyckoff

Inspiration

Curves

I have always loved glitter, sparkle, and fairy lights. When Curves announced the Bra Decorating Contest for the ONJ Foundation, I knew I had to participate to honor my aunt and my friend, who are breast cancer survivors. I have specifically chosen each item to represent a part of every woman affected by breast cancer in one way or another. Pink is a feminine, soft, and comforting color that warms your soul. Glitter! There is just something about glitter that is fun, carefree, and makes you smile and laugh. Sparkle: Every woman sparkles in her own way. Sparkle is something you should never lose sight of, no matter what life has in store for you. Fairy lights represent every beautiful woman who has survived, those currently undergoing treatment, and the loved ones we have lost.

I want to thank you for the opportunity to submit a bra and for all that you do. May the ONJ Foundation always sparkle and shine a light for everyone affected by breast cancer.

Bra Decorating WINNER 2025



Sonia Lee

CONTINUE

BRA Decorating

Inspiration Curves

1



Sonia Lee

"Goddess of Strength"

My design, "Goddess of Strength," was created to honor every woman who has faced breast cancer: the brave warriors still fighting, the resilient survivors who inspire us daily, and the angels who lost their lives but continue to live in our hearts.

It is also a deeply personal tribute to my own family and friends who have battled cancer. Their strength, grace, and courage have left an everlasting imprint on my soul, and this creation is my way of keeping their light alive. The design draws its power from symbolism. The radiant pink satin represents love, compassion, and the nurturing spirit that connects women everywhere. Gold embroidery and beading reflect divinity, victory, and inner power, serving as a reminder that every woman carries the light of a goddess within her. The intricate details mimic the complexity of a woman's journey through cancer: fragile, yet fiercely strong; painful, yet profoundly beautiful.

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BRA Decorating

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Sonia Lee

Inspiration

Curves

The glowing wings behind the bra are the essence of the piece, symbolizing transformation and visually expressing the presence of angels guiding us from above. The soft lights represent the spirits of those who have passed, illuminating our path with hope and love. When I look at them, I see my loved ones smiling back, reminding me that although their bodies may be gone, their strength still resides within me. The wings also celebrate rebirth, rising from hardship to healing, from sorrow to peace.

I was inspired to create this design because breast cancer affects everyone in some way. As women, we share in each other's pain and triumphs. I wanted to create something that would make people stop, feel, and remember—something that celebrates both the fragility and the unshakable power of femininity. This piece is not just art; it's a message. It's a visual prayer for strength, love, and healing.

CONTINUE

BRA Decorating



Sonia Lee

Inspiration Curves

Joining this contest means more than just showcasing my creativity. It's about community, raising awareness, and honoring those whose stories deserve to be remembered. Through this design, I hope to inspire others to see the beauty in resilience and to find light, even in the darkest moments.

The Goddess of Strength symbolizes every woman who has ever had to fight for her health, her hope, her life. It serves as a reminder that true strength is not about never falling but about rising and again with grace. To every goddess who continues to battle, and to every angel watching over us, this creation is for you. You are loved, remembered, and forever strong.

Bra Decorating WINNER 2026



Sonia Lee

CONTINUE

BRA Decorating

Inspiration Curves



Sonia Lee

My decorated bra is called “Time Heals.” I chose this theme because cancer changes the way we think about time. For someone facing a diagnosis, time can suddenly feel more precious. There are moments of fear and uncertainty, but also moments filled with love, courage, healing, and hope.
The vintage clock is the heart of my design. It represents the journey through time—the days we struggle, the days we celebrate, the milestones we reach, and the memories we hold close. Although time may leave its marks on us, those marks become part of our story.

Flowers grow around the clock to symbolize how beauty and strength can continue to bloom, even through difficult seasons. The butterflies represent transformation, freedom, and new beginnings. They remind me that even when life changes us, we can emerge with a different kind of strength. The key hanging from the design represents unlocking hope—the belief that even during our darkest moments, there is still something ahead worth fighting for.

CONTINUE

BRA Decorating

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Sonia Lee

Inspiration Curves

I also incorporated soft pink lights throughout the bra. To me, each tiny light represents a person: someone currently fighting cancer, a survivor, a caregiver, a family member, or someone whose light continues to shine in our memories. When all of those lights glow together, they remind us that no one should face cancer alone.

I wanted to enter the Curves Bra Decorating Competition again because this contest is about so much more than creating something beautiful. It brings women together through creativity, compassion, and a shared purpose. Being part of something that supports the Olivia Newton-John Foundation Fund and the fight against cancer makes every stitch meaningful. "Time Heals" is dedicated to everyone whose life has been touched by cancer—those fighting today, those who have survived, the families and friends who stand beside them, and those we carry forever in our hearts.

My message is simple: Time heals. Hope grows. Beauty remains. No matter how much time passes, love never disappears.

BRA Decorating





Inspiration

Curves

My inspiration stems from my desire for a cure for breast cancer and a love for nature. Women's breast health is vital, just as bees are crucial to the world's health. Bees pollinate our crops and other plants. We must save the bees to protect our planet, plants, and crops, ensuring we can continue to feed our populations.

Saving the lives of women around the world who face breast cancer is essential!

Let's keep working to save both the boobs and the bees!

Linda Clark ♡

Curves Colorado Springs, CO



Inspiration Curves

My beautiful friend was my inspiration when creating this bra. She is in the midst of tackling breast cancer. She is the most giving, elegant, and selfless person I have ever met. She spends her days caring for others, and now it's time for us to care for her.

I decided to focus on the good in our amazing world. I will follow her lead and focus on the beauty the world has to offer us. "Aloha" is the word that embodies this creation. Aloha means hello, goodbye, and love. Let's say Aloha (hello) to fresh air, clean water, the beautiful green plants that give us oxygen, the flowers, trees, birds, and the bees. Spending time in nature will help us heal not only our bodies but also our minds and souls.

As a community, it's our job to wrap our arms with aloha (love) around our friends who are struggling. We must hold space for them, allowing them to not be okay at times, and celebrate with them when they are ready to recognize that this too shall pass, knowing there is light at the end of the tunnel. This bra represents support, beauty, strength, love, comfort, and care. Don't stop believin', ladies! We will persevere and become stronger.

And Aloha (goodbye) to cancer! Aloha says it all!

Jalene Weigand ♡

Curves Garden Grove, CA

BRA Decorating



Inspiration Curves

My inspiration stems from my desire for a cure for breast cancer and my appreciation for nature. The health of women's breasts is crucial.

Similarly, bees are essential to the health of our world. They pollinate our crops and various plants. We must save the bees to protect our planet, plants, and crops, ensuring we can continue to feed our populations. It is vital to save the lives of women worldwide who face breast cancer!

Let's continue to save both the boobs and the bees!

Carla Schaeffer♡
Curves Colorado Springs, CO

BRA Decorating









Inspiration

Curves

It's hard to believe how far we've come in the fight against breast cancer. I remember in the 1960s when people hesitated to even utter the words "breast cancer" aloud. It was something kept quiet, hidden away, a secret. There were few treatments available, and hope was often hard to find. Routine mammograms didn't exist, and detection only occurred when a lump was discovered. Emotional support was limited, but over time, this began to change. Brave women started speaking up and sharing their stories. Progress was made, and mammograms became more widespread.

In the 1970s, screening programs were introduced as women battled this terrible disease with courage and determination. They shared their journeys, educating other women. Breast cancer awareness spread through our communities, and pink ribbons began appearing everywhere! Today, doctors have made incredible progress; treatments are less invasive and more effective. Survival rates are higher, and women are living full lives after diagnosis. One of the most significant changes is that no one has to face breast cancer alone anymore. There is support, love, and hope for a cure. We have come a long way!

Polly Grover ♡
Curves Garden Grove

BRA Decorating





Inspiration Curves

My world fell apart in October 2020 when we received the news that my mom had breast cancer. When someone you love is diagnosed with breast cancer, the world suddenly feels heavier. Time slows down. The questions grow louder. And fear sneaks in when we least expect it. Yet, even in the midst of the unknown, there was strength. The diagnosis did not define my mom. It did not erase her laughter, her strength, her love, or her story. She remained herself—the woman whose love guided and shaped me. Perhaps even stronger now than ever before. Yes, there were hard days. Days filled with uncertainty, fatigue, and perhaps even tears. But there were also moments of deep courage, fierce determination, and quiet victories that reminded us both of how strong the human spirit truly is.

This wasn't a journey either of us would have chosen, but it was one we walked together, hand in hand, side by side. Our love didn't shrink in the face of fear; it stood taller because of it. We made room for hope, even if it occupied just a small corner some days. Hope grew in moments of kindness from others, in a good scan result, in a shared laugh that cut through the weight of it all. We allowed hope to be stubborn, to rise again when it was needed most. I often reminded my mom that she is more than this illness—still powerful, still radiant, still deeply loved. And I reminded myself that I didn't need to have all the answers. My love was enough. My presence, my words, my belief in her—all mattered more than anyone will ever know. One day at a time. One step at a time. We got through it. Together. I'm happy to say that my mom is a five-year breast cancer survivor.

Cindy Hudson♡
Curves Colorado Springs, CO

BRA Decorating





Inspiration Curves

I grew up in the '80s, a time when music was incredibly inspirational to me. Most of what I listened to was Country Western, though I also have a Rock and Roll streak. When I saw the bandana, Guns N' Roses immediately came to mind, becoming the focus of my bra decoration. This rock band was hugely popular during my high school years.

I'll admit they weren't among my favorite bands, but I did enjoy their music, and they remain popular with us Gen X kids. My sister-in-law and my hairstylist are both breast cancer survivors and fellow Gen Xers, which gave me another reason to choose the Guns N' Roses theme.

I tried to incorporate as much of their logo as possible into my design while still making it my own. I think the only thing I missed was the top hat, which is the iconic headwear of the band's lead guitarist, Slash. And, of course, the barbed wire. But who would want barbed wire on a bra? Underwire is bad enough.

Christina Hagn♡

Curves Colorado Springs, CO





BRA Decorating

Inspiration Curves

I am so grateful I found Curves that day! Eight months later, the 30 minutes of exercise, coach support, and interactions with the other women have made such a difference. I now look forward to working out. The coaches always say “hi” and ask, “How are you doing?” I reply “fine” or “great,” but in my head, I think, “I am FANTASTIC because I am here, I am doing this, and I am getting stronger!”

I can climb stairs without stopping (well, 4 to 5 flights), and go hiking (not tackling mountain passes yet, but constantly improving). In May, my daughters took me on a cruise, and we hiked in Alaska. These and so many other improvements are things that back in February, I wasn’t sure I would ever be strong enough to do again. Yet here I am, getting a little better every day. Most importantly, I know I am becoming Survivor Strong, so that if (or when) more challenges come my way, I will be ready!

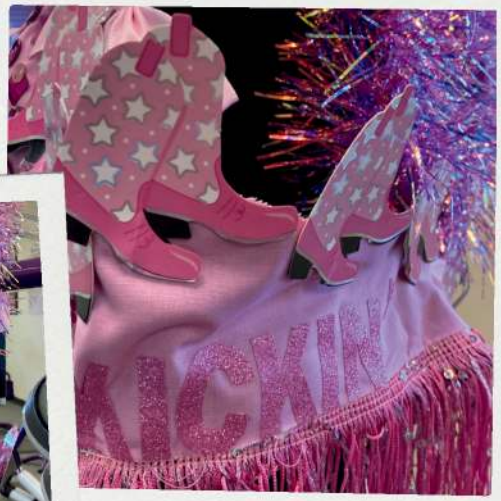
Vera J Stelter ♡

Curves Colorado Springs, CO

BRA Decorating









Inspiration Curves

"Kickin' Cancer" is my theme. I've been fortunate not to have lost anyone to breast cancer.

Unfortunately, different cancers have claimed my dad, mom, and father-in-law, and are now threatening my brother-in-law.

This bra is meant to be a sparkle in what can be dark times, hopefully bringing a smile.

And, of course, Curves helps with the attitude!

Kimberly Espe♡

Curves Dayton

BRA Decorating







Inspiration Curves

I'm inspired by the beautiful women who have fought, are currently fighting, or will fight breast cancer.

My mom, aunts, and cousins have all battled this awful disease. These women faced it with such grace and courage; they remind me of the saying, "Bloom where you are planted."

I find it encouraging to know that we can all make the best of dire situations in our lives. Just as flowers bloom, no matter how difficult our circumstances may be, we can choose to embrace today and thrive in the present moment.

My mom was my role model, and even though she is gone now, her spirit will always remind me to bloom where I am planted.

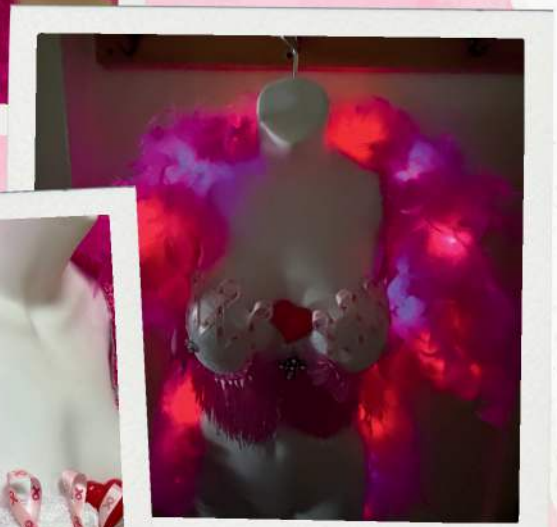
Julie Korhummel ♡

Curves Sacramento

BRA Decorating









Inspiration

Curves

The inspiration for my bra came from symbols that resonate with anyone affected by breast cancer.

The pink decorations symbolize breast cancer awareness. The lacy bra, sparkly fringe, and ruffles embody femininity. The cross signifies the multitude of prayers offered by family and friends for successful treatment and recovery, reminding them to keep their faith and believe that God can answer prayers. The heart represents the love shared by her family and friends. The crowns symbolize the breast cancer survivor, who may be a queen to her spouse and children, and a princess to her parents and siblings.

The orchids symbolize the dream of celebrating once she is declared cancer-free—perhaps planning a trip to Hawaii, fulfilling a bucket list wish. The ribbons are an outward sign of the fight against breast cancer. The boa with lights represents those searching for the light at the end of the tunnel. The boa with feathers honors those who have fought valiantly and earned their angel wings. I wanted to join the challenge to share hope for a cure someday.

Darlene Stewart ♡
Curves Columbus

BRA Decorating









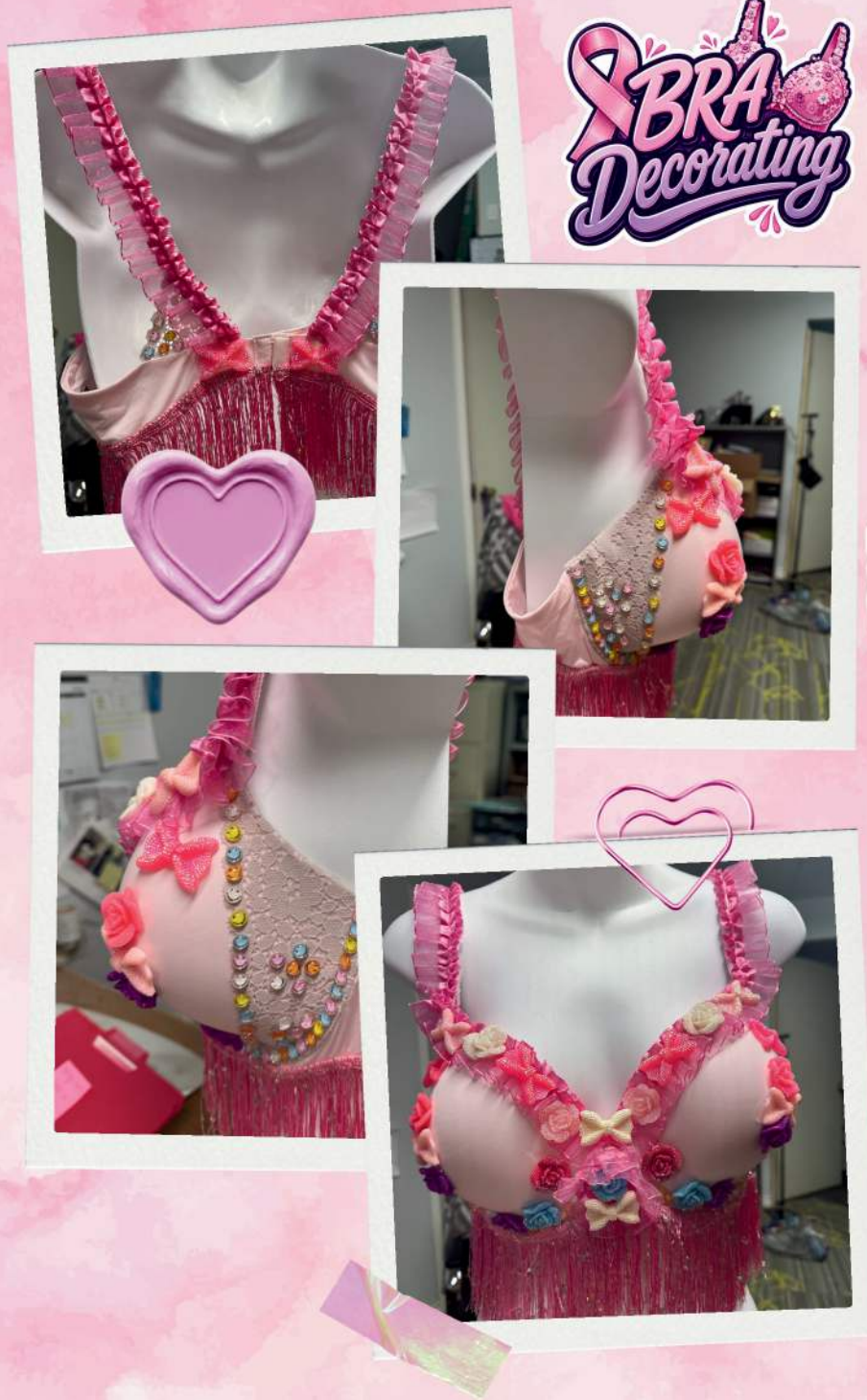
Inspiration Curves

My bra was created with the theme "Faith in Healing" and honors all medical and other professionals who support breast cancer patients. Without dedicated professionals and those uplifting the spiritual lives of patients, there would be no hope or optimism.

I aim to recognize all those involved in supporting women undergoing breast cancer treatment. It takes many hands and much prayer to help those battling cancer make a full recovery.

May each of us offer our time, love, and skills to the women in our lives. Keep the faith and let love pour from our hearts and hands.

Elyse Hunt Mac Kenzie ♡
Curves Arena, Sacramento



Inspiration Curves

My message and inspiration for creating this bra transformation are dedicated to every woman who, with courage, strength, and hope, faces or has faced such a terrible illness.

Their strength is a source of inspiration. Beating cancer is difficult, but never impossible.

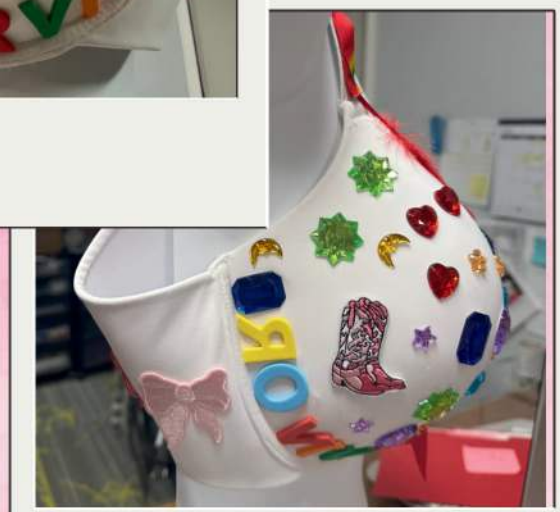
Carmen Hurtado ♡

Curves Odessa

BRA Decorating







Inspiration Curves

A woman without a vision for her future always returns to her past.

Trust God! Set goals! Stay focused. Move forward! Let's go, queens, and finish this year strong. All glory to God! Work hard, believe, succeed, and give all the glory to Him. Amen!

The only time I want to look back is to see how far I've come. I'm thankful for my struggle because, without it, I wouldn't have stumbled across my strength.

Glory to God in the highest!

The Survivor ♥

Ruth Baeza ♡

Curves Odessa

BRA Decorating









Inspiration

Curves

I wanted to include God in my project, so I pinned a bracelet displaying a cross to the front of my bra. Then I happily and energetically completed the rest of it. Its theme and name are "Carnival." I have a friend in San Diego who has had breast cancer.

This project inspired me to call her, and we had a long and wonderful conversation, rekindling our friendship and sharing laughs and love.

Mary Adams ♡

Curves Santa Cruz



Inspiration Curves

I am very grateful that, so far, breast cancer has not affected my family. However, I want to take a moment to celebrate the wonderful ladies at our Curves club who have fought this battle and emerged victorious. These women are strong, positive, and truly beautiful, both inside and out.

I am inspired every day as I watch them faithfully show up to fight the good fight by keeping their bodies strong. They are neither afraid nor dismayed. They have discovered that the Curves workout and community are two powerful tools that fill them with hope for a better tomorrow.

What we see is a group of women becoming healthier day by day. I give a great "Hurray" to all the breast cancer survivors at our Curves clubs!

Abigail Shaws ♡

Curves Odessa

BRA Decorating









Inspiration Curves

Two of my sisters are doing well due to early detection. There is so much to be thankful for, especially all the wonderful times we share together.

I chose pink because it's the color that represents Breast Cancer Awareness, and my sisters love flowers. The butterfly symbolizes hope!

I recently had my wellness check-up and mammogram and sincerely wish for all women to do the same!

This contest is important to me as it raises awareness about this cause.

Linda Dahl ♡

Curves Alexandria

BRA Decorating



Inspiration Curves

Two of my sisters are doing well because of early detection. There's so much to be thankful for, especially all the wonderful times we share together. I chose pink because it represents Breast Cancer Awareness, and my sisters love flowers. The butterfly symbolizes hope! I recently had my wellness check-up and mammogram, and I sincerely wish for all women to do the same! This contest is important to me as it raises awareness.

Do you see them? Not the charts, not the scans, not the ribboned slogans or the walkathons, but the humans beneath your needles and knives. You call it healing, but healing doesn't look like this. It doesn't burn from the inside out, or steal the strength it claims to give. You carve them open, flood them with chemicals, then call it victory when they make it a few more years. You say they died from cancer, but it wasn't the cancer that killed them. It was the cure. The poison. The faith in a system that profits from pain. You call it medicine, but I call it madness...

CONTINUE

BRA Decorating





Inspiration Curves

To destroy the body in order to save it—there are other ways. Sounds that heal instead of harm, frequencies that shatter sickness without breaking the soul. Yet you label that pseudoscience, because there's no billing code for mercy. You dress it up in pink and call it awareness, while the truth lies buried under patent numbers and profit sheets. Do you see them now? The women who lived but lost half of who they were? The men who survived but can't feel alive? You call them survivors. They call it survival. I call it suffering in disguise.

Karma Flowers ♡

Curves Corvallis



Inspiration Curves

My decorated bra is inspired by the saying "stop and smell the flowers." Even in the hardest of times, we can find joy in simple things, like the scent of a beautiful flower or the sensation of wet sand between our toes during a beach walk.

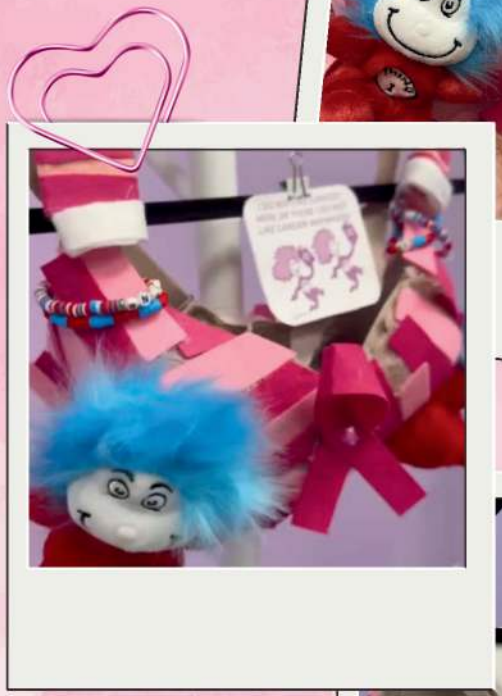
My mom, who passed away from cancer at the age of 34, loved the ocean and the fragrance of lily of the valley flowers.

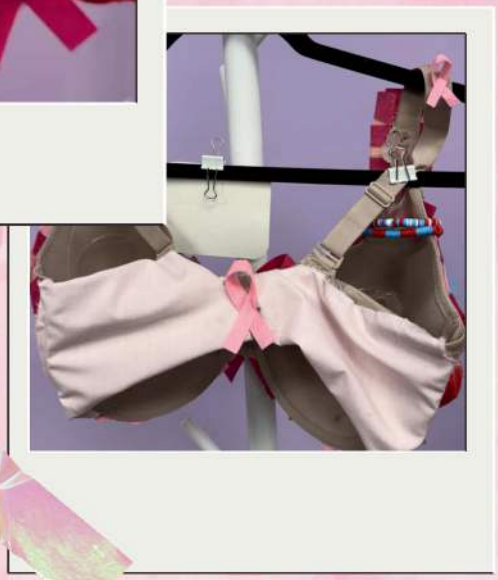
Catherine Denluck ♡

Curves Corvallis

BRA Decorating







Inspiration Curves

My bra design, “I Do Not Like Cancer Here or There, I Do Not Like Cancer Anywhere,” draws inspiration from the imaginative world of Dr. Seuss. Featuring Thing One and Thing Two, it adds a playful twist to the serious message that cancer has no place anywhere!

I aimed to create something colorful, creative, and full of energy to symbolize hope, courage, and determination. Much like a Seuss story, the journey may be wild, but it’s also infused with strength, laughter, and community.

This design reminds us that even when life throws chaos our way, we can face it with humor, heart, and the power of togetherness to send cancer packing for good!

Brenda White ♡

Curves Corvallis



BRA Decorating

Inspiration Curves

My bra design, “Cancer, Walk the Plank!”, tackles breast cancer with a fearless pirate flair. Adorned with sparkling gems, gold coins, and pirate-inspired details, this design celebrates courage, grit, and the fighting spirit that refuses to surrender. Just like a pirate commanding the seas, this bra boldly declares that cancer doesn’t stand a chance here!

It’s time for cancer to walk the plank while we cherish our health, strength, and sisterhood. The shimmering gold and jewels symbolize the priceless value of life and the beauty of resilience.

This design is all about empowerment, reminding every woman to take charge of her health, live boldly, and keep her inner pirate shining strong.

Marybeth Lundy ♡
Curves Corvallis

BRA Decorating





Inspiration Curves

My bra design, “Breast Cancer, Take a Hike,” is inspired by my love for the forests and trails of the Pacific Northwest. I wanted to blend my passion for hiking with the message of strength and resilience that breast cancer awareness embodies.

The design features touches of forest greenery, symbolizing growth, renewal, and the healing power of nature, accented with soft pink details to honor those affected by breast cancer. Hiking is one of my favorite ways to stay active and relieve stress. The trails around Corvallis are a constant reminder of the beauty and peace that comes from spending time outdoors.

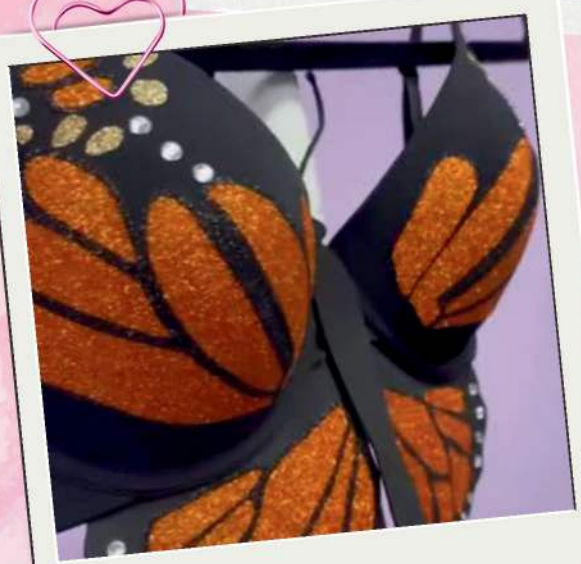
I often see women of all ages on these paths—walking, hiking, and encouraging each other—and it reminds me how movement and community can empower us through every stage of life. Through this design, I wanted to celebrate both the fight against breast cancer and the joy of living fully. “Take a Hike” is a playful yet powerful message—an invitation to get outside, stay strong, and keep moving forward, one step at a time.

Melissa Reninger ♡

Curves Corvallis

BRA Decorating





Inspiration Curves

My bra design, “Just Wing It,” draws inspiration from the grace and transformation of the monarch butterfly. Its vibrant wings symbolize beauty, change, and hope, reminding us that even in life’s most uncertain moments, we can find the strength to persevere. When someone hears the words “you have breast cancer,” there’s no perfect plan or roadmap. Sometimes, all you can do is take a deep breath and just wing it.

This design honors the courage required to face the unknown, to trust the journey, and to believe that healing and even joy can emerge from transformation. The monarch is a symbol of resilience, freedom, and new beginnings. Through this design, I aim to remind others that even when life feels fragile, our wings are stronger than we think.

Dana Hamilton ♡

Curves Corvallis

BRA Decorating





Inspiration Curves

My bra design, "Gnome One Fights Alone," draws inspiration from the simple magic of a garden, where growth, color, and community thrive in harmony.

Featuring two cheerful garden gnomes surrounded by flowers, this design celebrates friendship, hope, and the importance of never facing life's challenges alone. Just as a garden needs care and connection to flourish, people need each other for strength and support.

Cancer is a tough journey, but with love, laughter, and community by our side, no one has to face it alone. This design is a joyful reminder that together, we can cultivate courage and watch hope bloom.

Diane Loy♡

Curves Corvallis



BRA Decorating



Inspiration

Curves

My bra design, “Cancer Might Be Wicked, But Together Our Hope Is More Stubborn,” draws inspiration from the timeless stories of "Wicked" and "The Wizard of Oz." The design features both the Wicked Witch and Glinda the Good Witch, along with the iconic yellow brick road—a symbol of the journey we all embark on when facing life’s challenges. Cancer can be cruel and unpredictable, much like the Wicked Witch herself.

However, just as Glinda represents light, kindness, and hope, I wanted this bra to remind us that even in dark times, there is strength in unity and positivity. When women support each other through treatment, recovery, or prevention, we can conquer even the most “wicked” battles. This design celebrates the resilience, courage, and stubborn hope of every woman who refuses to give up. Because when we walk this yellow brick road together, hope always prevails.

Carrie Stewart ♡

Curves Corvallis

BRA Decorating





Inspiration Curves

My bra design, “Check Your Cherries,” is a playful, disco-inspired reminder to prioritize your health. Covered in tiny pink mirrors that shimmer like a disco ball, it adds sparkle and fun to a serious message: don't skip your breast self-exams or regular mammograms! The green stem symbolizes growth and vitality, while the mirrored pink “cherries” reflect the light—just as awareness and early detection can illuminate the importance of breast health.

I aimed for this design to be bold, bright, and impossible to ignore—because our health deserves that level of attention. The message behind “Check Your Cherries” is simple yet powerful: don’t wait, don’t be afraid, and don’t delay. Stay strong, get your screenings, and follow up with your doctor. The sooner we act, the better our chances of staying healthy and dancing through life—disco ball and all!

Christal Sperling ♡

Curves Corvallis

BRA Decorating









Inspiration Curves

The inspiration on this bra is a reflection of how many women are going through this battle. Many become warriors in fighting with lots of faith shining through tough circumstances.

Lety Ramirez ♡

Curves Odessa

BRA Decorating









Inspiration Curves

I decorated a bra in memory of my college girlfriend, who lost her life to breast cancer. As a cancer survivor myself, I understand how raising awareness and funds benefits research for effective, cutting-edge treatment, and anything I can do to help in this effort is worth my time and energy.

I adorned my bra with lots of bling and sparkle because my girlfriend Melanie was a shining star. She was a theater, dance, and voice major who loved to be on stage. In college, she and I performed together in a dance group. We choreographed most of the dances each year, and her creativity was boundless. There aren't enough rhinestone ribbons, beads, and bows to compare to her presence in this world. I was also a bridesmaid at her wedding, where we wore fuchsia gowns that resembled ball gowns from "Gone with the Wind," a color close to the bra I chose. I added breast cancer awareness pins to the bra, including a butterfly and the pink ribbon, an iconic symbol representing hope and that she is now flying, cancer-free in heaven. I have been a Curves member for four months and have noticed an increase in my strength, but what has truly blown me away is the community of women I have become a part of in this short time. I am inspired, encouraged, and supported by these women daily, and I feel honored to participate in this initiative.

Mary Read ♡

Curves Memphis

BRA Decorating









Inspiration Curves

My inspiration stems from my dad's battle with pancreatic cancer. Even during the brief ten days from his diagnosis to his passing, he remained a beacon of hope and fought until the very end. My bracelet symbolizes the first time I saw flamingos with him. He asked, “How do they stand on one foot?” and I replied, “God.”

With that sentiment, no matter the type of cancer, always stand tall and fight with all your strength. Whether it’s on one foot like a flamingo or on both of your own, have faith, because in this battle, God supports you.



BRA Decorating

Inspiration Curves

Yes, they are artificial. My actual ones tried to take my life.

I have witnessed my late grandmother and several friends receive cancer diagnoses, undergo treatment, and triumph over their battles. However, one of my friends faced a challenging struggle for over two years. She not only overcame her cancer but also reclaimed her sense of identity and femininity. I wanted to demonstrate that even without 'real' breasts, one can still embrace their femininity.

If a woman decides against or cannot undergo breast reconstruction or implants, she should still have the opportunity to feel like a complete woman if she desires. That's how I came up with the idea to share that bras like this one are available in all sizes, shapes, and colors!

BRA Decorating







Inspiration Curves

"Everything is Better with a Buddy!"

Since it's easy to overlook our monthly self-checks, why not set a date to remind each other?

My "Birds of a Feather" bra represents several personal elements for me:

- The loss of one of my closest 'buddies' to breast cancer
- My commitment to take action and help my friends and family stay safe from this insidious disease
- My passion for paper crafting

So, gather a friend or family member, choose a date (I've selected the 17th of the month, as it was my kid's jersey number in high school), and Flock Together to combat breast cancer by encouraging your buddies to conduct their monthly breast self-exams!



BRA Decorating



Inspiration Curves

The inspiration for my breast cancer awareness bra began with the beauty of the peacock. I aimed to decorate a bra whose allure would immediately capture your attention. The vibrant blues, greens, and copper tones of the peacock's feathers have a way of uplifting your mood, boosting self-confidence, and inspiring positive thoughts. I added blue stones to the eyes of the feathers to make them stand out even more. The convertible straps feature black ruffles decorated with green sequined, while multicolored sequins adorn the sides and back band of the bra. Completing the look are blue, green, and gold beads sewn along the bottom band.

"Don't let cancer ruffle your feathers. Get a mammogram." My family and friends inspired that phrase through the way they faced their own breast cancer diagnoses. These women bravely fought against cancer and emerged stronger. They saw cancer not as an obstacle but as an opportunity to create a brighter future. Battling cancer is never easy, but a positive attitude and a strong support system can make all the difference.

CONTINUE



Inspiration Curves

A “Thinking of You” card or offering rides to chemo treatments reassures these women that they do not have to fight cancer alone. It was my honor to support their journey.

The Curves Bra Decorating Contest was a fun way to raise funds for the fight against cancer. We all hold hope for future warriors, and through research by organizations like the Olivia Newton-John Foundation, we believe there will one day be a cure for breast cancer.

BRA Decorating







Inspiration Curves

As I thought about how I'd convey a message of hope with this bra, I considered the ways this diagnosis impacts both the patient and their loved ones.

For me, the bra represents beauty, grace, love, and radical self-acceptance. The wings and heart symbolize a kind of benevolent force that quietly appears and envelops each of us in the hope of healing. The wings also signify liberation, the kind that lifts us up in the midst of challenges.

Breast cancer has touched so many lives around the world and can strike at any age. I like to think that one day it will be eradicated, but in the meantime, it's important for each of us to be mindful of the need for yearly mammograms and self-checks at home.

BRA Decorating









Inspiration Curves

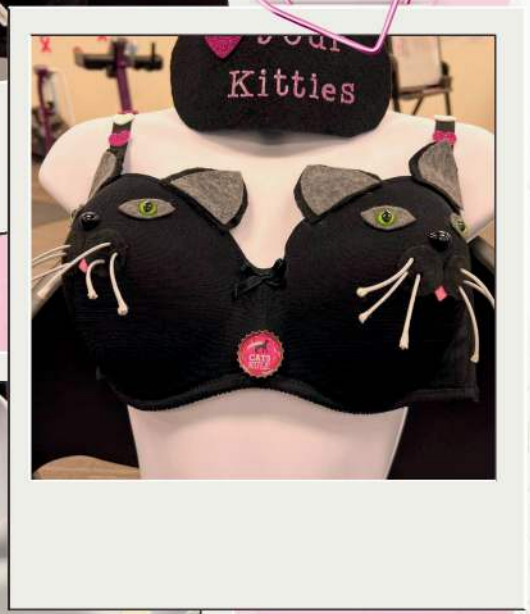
The inspiration for my bra is to participate in the Curves Breast Cancer Awareness and the Olivia Newton-John Foundation Fund Bra Decorating Contest. Engaging in the many contests and activities at my local Curves serves as my outlet for social interaction, fitness, and fun. There's never a dull moment when I walk through the door at Curves, where music, movement, and friendly faces welcome me. It's the best 30 minutes of my day!

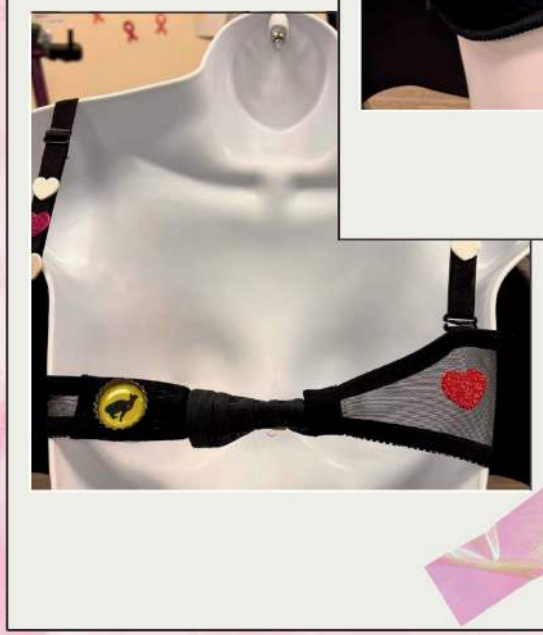
My bra is adorned with men's neckties transformed into ruffles and corsages. This is a very time-consuming craft. Each tie is salvaged from a thrift store, disassembled to use only the beautiful, typically 100% silk fabric.

The corsages are sometimes crafted for widows using neckties from their late husbands' collections, serving as a remembrance of their beloved spouse. These corsages are often worn on women's jackets and coats.

In honor of Breast Cancer Awareness Month, I decorated my bra to pay tribute to all those who have survived breast cancer, thanks to organizations like the Olivia Newton-John Foundation Fund.







BRA Decorating

Inspiration Curves

I was motivated to participate in this bra-decorating fundraiser because two of my sisters have had breast cancer. My sister Janet was diagnosed with breast cancer in her 40s and underwent a mastectomy and reconstruction, which turned into a long and arduous process. My sister Molly died at age 55 from undetected breast cancer that had spread to other parts of her body. I am driven to do something that will help prevent other women from experiencing what my sisters endured.

I was inspired to decorate my bra with cats because my sister Janet was a lifelong cat lover, and so am I. I've always had cats, and I am particularly fond of black cats. Black cats have a more challenging time in life. I have volunteered with the Paradise Animal Shelter for many years, and I can tell you from experience that black cats and kittens are always the last to be adopted. It is so unfair. I foster cats and kittens for the shelter, and my first foster was a black cat named Amani, along with her two kittens.

The two kittens were adopted, but a month later, Amani was still at the shelter, waiting for her "forever home." I couldn't just leave her there, so I adopted her. She was a member of my family for about eight years but, sadly, Amani perished in the 2018 Camp Fire that destroyed most of the Town of Paradise. I decorated this bra with black cats in memory of both my sisters and my cat Amani.

BRA Decorating







Inspiration

Curves

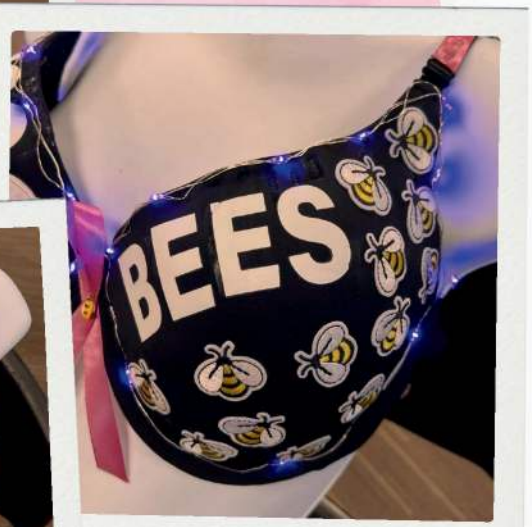
The inspiration for my bra is my friends that have survived breast cancer and the beauty that is within each of these women.

I saw the struggles that each of these lovely ladies went through and how resilient and strong they were with each of their journeys through the process. I wanted to create a bra with beauty and sparkle to represent the beauty and sparkle within each of them.

BRA Decorating









Inspiration

Curves

I found inspiration to decorate this bra as a tribute to my aunt Lolene, a remarkable woman who bravely battled breast cancer and always maintained a wonderful sense of humor. The bra features cute ghosts and bees, playfully saying “BOO-BEES,” perfectly capturing her lighthearted spirit. Bees hold special significance, as one of the last books she read was "Go Tell the Bees That I Am Gone".

Tragically, we lost her in the Camp Fire in Paradise, California, in 2018 while she was trying to save her beloved dogs. This decoration serves not only as a celebration of her courage and resilience but also as a reminder of the joy she brought to our lives. Each detail reflects her vibrant personality and the importance of cherishing every moment, making this Halloween a heartfelt tribute to her memory.

BRA Decorating









Inspiration Curves

The coaches at Curves encouraged Fenn and me to design a bra in support of Breast Cancer Awareness Month. Cancer has become increasingly prevalent in our lives, and I have personally lost numerous family members to various forms of the disease.

Our design featured a glittering pink base adorned with tulle and butterfly ribbons, along with pink cancer awareness ribbons and several “bubbles of hope.” Our goal was to ensure that anyone who wore the bra would feel special. I sincerely hope we achieved that objective, and we remain optimistic for a future where cancer is eradicated.

BRA Decorating









Inspiration Curves

The coaches at Curves challenged Fenn and me to design a bra for Breast Cancer Awareness Month. Cancer has become increasingly prevalent in our lives, and I have lost numerous family members to various forms of this disease.

Our design featured a glittering pink fabric, complemented by tulle and butterfly ribbons, along with pink cancer ribbons and a few “bubbles of hope.” Our intention was to ensure that anyone who tried it on would feel special. I sincerely hope that we achieved this goal, and we remain optimistic for a future where cancer is eradicated.

BRA Decorating









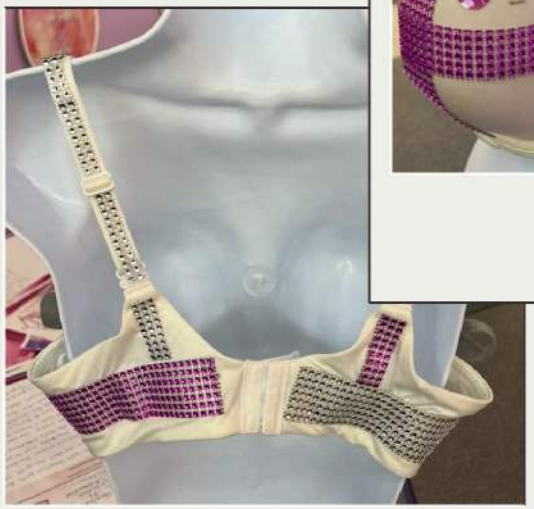
Inspiration Curves

I do not have a specific theme for my bra, aside from honoring two cherished friends who are breast cancer survivors, represented by two butterflies. Additionally, I aim to express my support for all women who have faced this devastating disease.

BRA Decorating







Inspiration Curves

My inspiration for designing this bra stemmed from the understanding that cancer affects individuals across the globe, with distinct ribbons representing various types of cancer. Recognizing that God holds the entire world in His hands, let us unite in prayer for those battling this disease.



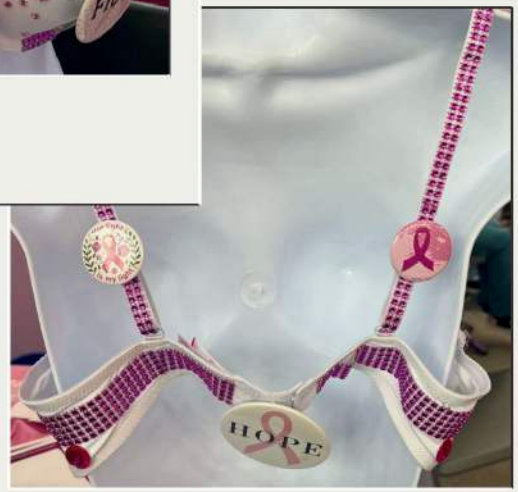
Inspiration Curves

My inspiration stems from the unwavering support I received from family and friends during my recovery from Ductal Carcinoma In Situ (DCIS). I extend my heartfelt gratitude to them!

BRA Decorating







Inspiration Curves

My mother was diagnosed with breast cancer at the age of 55. Following her diagnosis, she underwent surgery to remove the tumor, opting for a mastectomy without reconstructive surgery. She utilized a prosthesis until her passing.

A staunch advocate for breast cancer awareness, she participated in the Race for the Cure. Although she could not walk in the race herself, she attended to support other survivors and participated in the memory walk. She passed away at the age of 77. Given my family history, I prioritize my yearly mammograms to ensure early detection and maintain my health.



BRA Decorating

Inspiration Curves

My friend Jean has been a profound source of inspiration for me. She demonstrates remarkable resilience in the face of adversity and refrains from expressing self-pity for her past challenges. I understand that her participation in the Curves exercise program is a vital component of her strength-building journey, and I sincerely hope that my friendship also contributes positively to her well-being.

BRA Decorating





Inspiration Curves

As a woman, mother, and registered nurse, I was motivated to create my bra out of profound compassion for my patients. In my experience with post-surgical recovery, I witness the emotional and physical challenges women encounter, whether it is their first surgery or their third, as they strive to regain a sense of wholeness and confidence in their bodies.

One of my all-time favorite songs, 'Physical' by Olivia Newton-John, features a music video that highlights individuals fully engaged in self-care through fitness. This 1981 video instilled in me a lasting appreciation for wellness, inspiring me to design a garment that fosters both comfort and confidence for women as they prioritize their self-care.

BRA Decorating





Inspiration Curves

As a woman, mother, and registered nurse, my inspiration to create a bra stems from a profound empathy for my patients. In my experience with post-surgical recovery, I have witnessed the emotional and physical challenges women encounter, whether it is their first surgery or their third, as they seek to regain a sense of wholeness and confidence in their bodies.

One of my favorite songs, "Let's Get Physical" by Olivia Newton-John, features a video that vividly portrays individuals fully engaged in self-care through fitness. This 1981 video ignited a lasting appreciation for wellness within me, ultimately motivating me to design a garment that empowers women by combining comfort with confidence as they prioritize their self-care.



BRA Decorating



Inspiration Curves

My sister bravely battled breast cancer for seven years and sadly passed away in 2017. In her memory, I kept a pink pin. One day, I noticed an angel pin in my costume jewelry box. The little bows, given by my dog groomer, were too adorable to discard, so they rested in a charming little dish, which I walked past daily. Finally, I decided to put them to use.

Inspiration Curves

I have been a breast cancer survivor since June 2016, having been diagnosed with cancer in my left breast. I underwent a partial mastectomy and a double breast reconstruction. I battled the beast of cancer, so I consider myself not only a survivor but a warrior. I endured six months of chemotherapy, followed by surgery, and then a month of radiation.



BRA Decorating

Inspiration Curves

My bra inspiration was simple and incorporated a breast cancer awareness bow and purple for Curves. I gave my friend, who is a seamstress and a Curves member, my vision, and she decorated my bra just how I wanted.



Inspiration Curves

My inspiration is for a friend of mine's daughter. She was only 39 when she was diagnosed with breast cancer. But with the right treatment, she is doing well.

BRA Decorating





Inspiration Curves

My bra design was simple and incorporated a breast cancer awareness ribbon and purple for Curves. I shared my vision with my friend who is a seamstress and a Curves member, my vision, and she decorated my bra just how I wanted.

BRA Decorating





Inspiration Curves

This blue bra was worn before my mastectomy, and I was able to continue using it with my prosthesis due to the ledge in the cup. The ten bows symbolize the time I felt cancer-free after undergoing chemo and surgery. I added BCA ribbons to signify each year following the completion of my chemotherapy. I am deeply grateful for the ladies and their support at Curves as I continue on this journey.



BRA Decorating

Inspiration Curves

Hooters! I got the idea from Pinterest. I was diagnosed with brain cancer after just completing treatment for esophageal cancer. I joined Curves and have received so much support from this group of women. Last week, I was informed that my cancer had spread to my brain. I asked my doctor, "Can I still work out at Curves?" I am currently scheduling radiation after my 10 a.m. workout. I am fighting this and love the support I get here at Curves.



Inspiration Curves

My inspiration for my bra is my Aunt Ruth. She battled breast cancer that eventually returned as ovarian cancer, which claimed her life at the age of 99. My sister faced ovarian cancer at stage 3 or 4 and has successfully fought it for over 10 years now. Cancer has touched many friends as well—most are survivors, though some were not as fortunate. I hold hope that a cure will be discovered and support all efforts in that direction. Since I enjoy making purses, it seemed logical to transform my bra into a useful purse.

BRA Decorating





Inspiration

Curves

My decorated bra was inspired by my desire to participate in a lively fundraising event for breast cancer awareness. Given my larger breast size, I recognized that I had ample space to create a decorative design. As I rummaged through my sewing cupboard, I discovered some pink poppy fabric along with various pieces of lace and ribbon. Armed with my glue gun, I began the enjoyable process of embellishing the bra by applying the fabric, lace, and ribbon. Finding the initial design somewhat simplistic, I decided to enhance it further by adding buttons and beads. Ultimately, I concluded my design by filling the bra cups with pink balloons for an eye-catching finish.

BRA Decorating





Inspiration Curves

I have lost many friends to cancer, and my heart is dedicated to one particular friend, a true warrior and survivor. When she was first diagnosed, she was a single mother grappling with how to explain her illness to her two young sons. Acknowledging her body image as a large-breasted woman, she decided to sit them down and provide an honest explanation. She said, "Boys, think of this as Laverne and Shirley. Shirley is sick, and the doctors say she must be removed. I will be unwell for a while, but our family and friends have assured me they will support us, and I will be fine." They accepted this with remarkable maturity and were incredibly supportive throughout her illness.

When the cancer recurred, her sons were older, and she felt apprehensive about their reaction. Would they be uncomfortable discussing it? She gathered them again and began, "Boys, I need to talk to you," only for her oldest to interrupt with, "It's not Laverne, is it?" I felt a shiver run through me as I recalled that moment. Her sons have grown into compassionate young men, having learned invaluable lessons from their mother's courage. I dedicate this bra to her, honoring her strength and the profound impact she has had on her children.

BRA Decorating





Inspiration Curves

I initially found it challenging to articulate my motivation for creating the wine bra. Over the years, I have led a "Whines Club" with my girlfriends, where we share laughter and life's experiences over a glass of wine, offering one another support during both joyous and difficult times. Breast cancer has impacted several of us, casting a shadow over our gatherings.

Fortunately, we have emerged from those challenging days, reclaimed our cherished bottles of wine, and celebrated the resilience of life.

Thus, I raise a glass in honor of all the remarkable breast cancer survivors. Cheers!

BRA Decorating





Inspiration

Curves

I was inspired to create the “Squatch Cancer” bra, drawing from my upbringing in Seattle, where I spent my childhood playing in the woods, surrounded by towering evergreen trees—Bigfoot’s preferred habitat. After relocating from Seattle to Boise, Idaho, where I resided for 36 years in a high desert environment, I was thrilled to return west of the Cascades, where the landscape is lush and I can once again hike on trails enveloped by evergreen trees.

My fascination with the Pacific Northwest legend of Bigfoot, also known as Sasquatch, motivated me to reimagine the traditional brown depiction of the mythical creature by introducing a pink variant, symbolizing breast cancer awareness.

I envisioned that the charming pink female Bigfoot ornament, adorned with sparkling decorations and the “Squatch Cancer” theme, would serve as an effective means to raise awareness for breast cancer within our community.

BRA Decorating





Inspiration Curves

"Song Sparrow"

The Song Sparrow was created in tribute to my Curves friend, Jennette, affectionately known as Sparrow. She is a valued member of a group that has convened regularly over the years. The Curves business model fosters a supportive community of women who become familiar with each other's lives both inside and outside the gym. Despite facing numerous health challenges, including breast cancer, Jennette consistently attends her workouts, embodying determination, humor, and grace as she “sings her song.” Her resilience serves as an inspiration to us all.

BRA Decorating





Inspiration Curves

I am a cancer survivor, and the impact of cancer resonates deeply within my family; my mother battled pancreatic cancer, and a cousin faced breast cancer. Fortunately, my own diagnosis was identified early, unlike theirs. Any initiative aimed at raising cancer awareness is invaluable, as early detection is crucial. Events like the Decorated Bra initiative not only present a creative outlet but also serve to highlight the seriousness of breast cancer and other forms of cancer.

The inspiration for the bra I designed stemmed from a mask I discovered in a store in Venice, Italy. I found it to be exceptionally beautiful, and its shape suggested it would translate well to a bra design. This trip to Italy, taken with family shortly after my husband passed away, was a significant “healing” experience for me. In a sense, this creation serves as a “healing” mask, as I continually seek hope and a cure.





Inspiration
Curves

In honor of family & friends who have survived:
Tricia, Linda R. and Joan G.

Inspiration
Curves

I love the beach and go as often as I can. My bra is a replica of Haystack Rock, with waves crashing onto a shell-and-seaweed beach. The sky is sparkling blue with the beautiful sun perched high in the sky as birds fly by.

BRA Decorating





Inspiration Curves

The inspiration for my bra was my good friend who had breast cancer. She was a wise friend who was always thoughtful in sharing her wisdom with those she loved. I chose the owl decoration to represent her wisdom, as owls are known for being wise. On a lighter note, a bra was a perfect canvas for an owl!

BRA Decorating





Inspiration Curves

Cancer is a devastating disease that has profoundly impacted my life. I have lost both my mother and mother-in-law to this illness, while my sister is a courageous survivor. Additionally, I have numerous friends who are either thriving as survivors or currently battling cancer. My bra is adorned with flowers for the Flower Power initiative—symbolizing our collective strength in the fight against cancer. This disease affects countless individuals, particularly women, and I deeply admire the remarkable women in my life whom I wish to protect. Together, let us strive to find a cure for all.

BRA Decorating





Inspiration Curves

As a breast cancer survivor of 26 years, I remain hopeful that a cure will soon be discovered. My bra symbolizes this hope, depicting a woman attempting to lasso a horse, which represents the elusive cure. The battle for this cure continues, and while many attempts may be required, I am confident that one day success will be achieved. I hold on to unwavering faith, hope, and prayers.

BRA Decorating





Inspiration Curves

As a passionate scrapbooker, I operate my own side business as a Creative Memories advisor. Having lost both of my grandmothers to cancer, including my maternal grandmother to breast cancer, I find great meaning in creative expressions that celebrate strength and individuality. The idea of decorating bras to honor our unique journeys is truly inspiring. I also frequent Curves, where I engage in fitness, allowing me the opportunity to sit down and scrapbook, preserving cherished family stories and memories.

BRA Decorating





Inspiration Curves

The inspiration behind my Butterfly Bra stems from the life and legacy of my mother, who succumbed to breast cancer in the winter of 2011.

Butterflies symbolize transformation and renewal. Much like our cancer angels, they soar freely toward the blue skies and the heavens above. Light and vibrant, they embody the iridescent hues of a rainbow. Butterflies occasionally visit us, serving as reminders that our loved ones remain close. Similar to our cancer angels, they are gentle and fragile, transcending the past to emerge in a beautiful new form.

This bra design stands as a tribute to the resilient women who courageously fought against cancer and, despite their losses, emerged like butterflies, adorned with celestial wings.

BRA Decorating





Inspiration Curves

My friend Sandee is my inspiration. She is a two-time breast cancer survivor. The first time she was diagnosed, she sensed something was wrong even before the official diagnosis. I remember her telling me how worried she was as she navigated the doctor's appointments and testing phase. When the tests confirmed breast cancer, she felt a sense of relief. Knowing allowed her to gather the strength she needed for surgery and chemotherapy. Fortunately, the treatment was successful, and she not only survived but thrived. Years later, during regular monitoring, she discovered her breast cancer had returned.

This time, she required a radical mastectomy, and doctors found that after they removed the tumor and cancerous tissue, breast reconstruction was not possible. Since then, she has continued to move forward positively. A dear friend and wonderful artist, she has pursued her passion for painting and opened her own art gallery after spending years in the banking industry.

She has been in my thoughts and prayers a lot lately. As I write this, she is very ill with two serious lung conditions unrelated to the breast cancer. Just days before I started working on my Breast Cancer Awareness Project, I was wandering in my garden. As my thoughts turned to her, I saw a beautiful butterfly landing on some flowers I had planted. It felt like a gift, and the butterfly immediately lifted my spirits. That feeling became the inspiration for my project.



Inspiration
Curves

Having completed a French flower-making course at the age of 17, I have preserved these rose petals for 57 years. Their heart-shaped form resonates deeply, symbolizing a connection to femininity. I decided that there could be no more fitting use for them than to adorn my decorated bra, complemented by antique silk ribbons and beads.















My inspiration for this bra is to raise awareness about cancer and express my feelings about what these women endure day and night. My dear friend Susan is one of these women, and I am including her story here.

"My name is Susan. I was diagnosed with squamous non-small cell carcinoma. The initial diagnosis was a shock, but even more surprising was the fact that a biopsy for staging and treatment identification was not an option due to the risks involved. My prognosis was very bleak. However, my faith remained unwavering, and I sought a second opinion. A biopsy was performed, and now I have a treatment plan in place. I am blessed to have my beautiful children, grandchildren, and husband to accompany me on this journey. I have prayer warriors in different countries, and I know GOD is listening."

Each crystal on this bra represents every woman who has faced, is facing, or has dealt with this terrible disease. Many of these women I have met at Curves, sharing stories of strength, hope, and sorrow. As with Susan, the support of family, friends, and other women in our communities (like our Curves community) is crucial in the healing process. My hope is that by raising more awareness about this terrible disease, we will someday live in a world free of cancer!

BRA Decorating





Inspiration Curves

The inspiration for the bra design stems from the "Three Sisters Mountains" in Oregon, symbolizing our collective strength as sisters in the fight against breast cancer. I lost my mother to this disease in 1987 when she was just 45 years old. Since turning 35, I have prioritized annual mammograms—nearly 30 years of commitment. I never miss a year; it has become a personal birthday gift each October, alongside a lunch date with my partner. I encourage you to make this a gift to yourself as well. Join the sisterhood in this vital cause.





BRA Decorating

Inspiration Curves

The TATAriffic Bra was created to cheer on those fighting breast cancer. Curves is a family affair, and we should all be cheerleaders for everyone who is fighting breast cancer or has fought it.

TATAriffic Cheer:
SAVE, FIGHT, SUPPORT.
Curves fans in the building yell: “SAVE the TATAs, SAVE the TATAs, SAVE the TATAs!”
Curves fans in the building yell: “FIGHT CANCER, FIGHT CANCER!”
Curves fans in the building yell: “SUPPORT our sister, SUPPORT our sisters!”
Curves fans in the building yell: “SAVE FIGHT SUPPORT, SAVE FIGHT SUPPORT!”
Curves fans in the building yell: “TATAriffic, TATAriffic, TATAriffic!”

BRA Decorating









Inspiration Curves

"The Garden of Hope"

This garden represents resilience and the beauty that emerges even in life's hardest battles. Inspired by the strength of those who fight breast cancer, it's adorned with flowers symbolizing growth and hope—reminders that, like a garden, we can bloom again after hardship. Each petal and leaf reflects courage, unity, and the unwavering spirit of survival, spreading a message that no one fights alone and that hope can flourish, even against the toughest odds.



Inspiration
Curves

"In The Heavens"

This theme was chosen to honor and remember those who have lost their battle to breast cancer, symbolizing their eternal presence above. It reflects the belief that these cherished individuals are now resting in a place filled with peace, love, and light. "In the heavens" signifies a tribute to their enduring spirit, which continues to shine brightly and guide those still fighting. This serves as a heartfelt reminder that, while they may have departed from this world, their legacy and memories remain forever in our hearts, echoing the celestial strength they possessed during their brave fight.

BRA Decorating





Inspiration Curves

"Phoenix Rising" was selected as it eloquently embodies the spirit of resilience, rebirth, and transformation associated with overcoming breast cancer. Much like the mythical phoenix that rises from the ashes, survivors emerge renewed, fortified, and with a profound sense of purpose following their journey.

This theme symbolizes hope and a triumphant return to life after battling the disease, emphasizing courage and fortitude. By choosing "Phoenix Rising," I seek to honor and celebrate the inspiring journeys of those affected by breast cancer, recognizing their capacity to transcend challenges and emerge more radiant and empowered.



Inspiration Curves

I am immensely grateful that two of my remarkable sisters and two dear friends have triumphed over breast cancer. Their journey was long and arduous, emphasizing the critical role that courage and the support of family and friends play in such battles. Recently, I underwent my annual mammogram and was informed that a follow-up scan was necessary due to the detection of a suspicious spot. Fortunately, I received the results the following day, confirming that everything is fine. This experience reiterates the importance of regular checkups for early detection.

BRA Decorating









Inspiration Curves

More than half of all cancers are preventable, and breast cancer can be one of them. However, breast cancer still accounts for 50% of cancer-related deaths. It can affect both women and men. Education is the key to prevention. We need to be aware of our bodies and how our breasts look and feel. Regular checkups with a doctor and regular mammograms are important.

I once worked with a woman who was excited to turn 60 because she thought she would no longer need mammograms. I asked her if cancer could tell her age. Would it decide, "You're 61 now, so I'll move on to a woman in her 30s"?

I shared with her a story about a family member in her 60s who had never had a mammogram. Her daughter insisted they go together. The results revealed that the mother had a treatable lump, caught early. Sadly, the daughter in her 30s had advanced breast cancer and required a double mastectomy and weeks of chemotherapy.

The family feared her two young sons might grow up without a mother. Fortunately, both are still doing great after 10 years. Cancer does not discriminate based on age or gender. My own grandmother was in her nineties when she was diagnosed with breast cancer. No one is safe; education and early detection are the answers.

BRA Decorating









Inspiration Curves

Betty Boop, the classic cartoon character known for her charm and confidence in breast care awareness, has become a surprising yet powerful symbol in the fight against breast cancer. Originally created in the 1930s, Betty's iconic femininity and spirited persona make her a compelling figure in campaigns that encourage early detection and screenings.

Through Betty Boop's enduring appeal, these campaigns offer a message of hope, reminding women they are not alone. Her presence inspires them to embrace self-care with strength and optimism. Betty's charm and confidence demonstrate that beauty and bravery can coexist, providing support and encouragement to women facing breast cancer and those dedicated to its prevention.

Often pictured with a pink ribbon or wearing pink, Betty Boop adds an empowering symbol to breast cancer campaigns. Using her image brings a message of courage to the conversation around breast cancer and supports prevention efforts.

BRA Decorating





Inspiration

Curves

I dedicate this bra to all the breast cancer survivors within my Curves community in Prunedale, CA. Our director has honored them by displaying their names on the board in our Curves Club. I am deeply moved to see so many women who have faced this devastating disease now proudly "declared cancer-free." It is both a privilege and an honor to celebrate these remarkable women.

BRA Decorating



Inspiration Curves

This is a warrior's bra, designed for anyone battling cancer, whether it's their first time or third. My friend has had breast cancer twice in the same breast and has undergone radiation twice. She was informed that if the cancer returned a third time, radiation would no longer be an option.

During a visit a couple of weeks ago, she confided in me that she had discovered another lump. It was shocking to hear, and I wondered how I could support her.

Healing with frequencies offers an alternative way to mend both body and soul. Even Albert Einstein recognized the significance of its healing capabilities. To explore a different approach to combating cancer, I purchased a Solex LLC scanner to see how I might assist. Everything possesses a frequency! Consequently, this bra is crafted with healing stones sewn around the front, and I've included two programmable healing frequency cards inside that can be updated every three months. Additionally, I've used organic cotton embroidery thread, which has a frequency of 100, mirroring the human body's frequency. In contrast, a diseased or dying body has a frequency of 15, the same frequency as polyester, nylon, and silk.

CONTINUE

BRA Decorating



Inspiration Curves

You wouldn’t want to wear these fabrics because they would lower your frequency.

Linen, one of the world's oldest plant-based fibers, has a frequency of 5,000, similar to wool (socks). Wearing such clothing would be beneficial. It's important to keep the things we wear or have around us at a higher frequency. I tried to find a cotton bra in my small town for decorating in support of breast cancer awareness, but I couldn't find one. I'm hoping to share this knowledge with the Curves family, stressing that what you wear, eat, and breathe significantly impacts your health.

The first card is designed to combat breast cancer using frequencies and homeopathic remedies such as Asterias rubens, Conium naculatum, Hydrastis canadensis, and Phytolacca decandra.

The second card is programmed with Graviola (soursop). Graviola encourages cancer cells to undergo normal cell death and blocks pathways that regulate the growth and life cycle of cancer cells. It is also programmed with Immune Support.

BRA Decorating





Inspiration Curves

My bra, called Baby Dreams, was created to remind everyone of the primary function of breasts: to feed and nurture our offspring. More importantly, it made everyone laugh! I even used a real cloth diaper, pins, and pacifiers. It's a stressful and emotionally charged time for any woman facing breast cancer. Women's breasts have come to symbolize so much more than their function. Their sexuality and body image are deeply intertwined with them, and sometimes one just has to separate the person from the breasts and carry on, regardless of the fate of the breasts themselves.

I created another version of this bra for the Brazaar Fashion Show on September 6, 2024, in Newburyport, MA, to raise funds for Tough Warrior Princesses, an organization supporting women undergoing cancer treatment. I modeled my bra alongside those of other crafty and inspired women, and the bras were auctioned off to raise funds for the organization. I'm proud to report that the winning bidder for my bra is a breast cancer survivor, and she will be wearing it this November at the Susan G. Komen Walk for Breast Cancer in San Diego!

CONTINUE

BRA Decorating





Inspiration Curves

I hope this encore edition bra is selected by the Olivia Newton John Foundation and makes it to California too! The memory and legacy of Olivia Newton John lives on with her Foundation and the gift of a voice she used to inspire others.

Thank you for this opportunity and for all the Foundation does to support women.

BRA Decorating



Inspiration Curves

The motto on our Curves shirt reads, "Fighting for the Girls," which inspired me to feature "Curves Girls" prominently on the front. Given that Curves' colors are predominantly purple, I selected a purple bra as the foundation for my design.

I incorporated a nature theme as a tribute to Olivia Newton-John, who was not only passionate about environmental issues but also hailed from Australia, a country known for its tropical scenery. The design features an abundance of flowers and leaves, which transform into musical notes, symbolizing her musical legacy.

The pearls adorning the straps and the front represent ocean waves, further connecting to the theme of marine life. I recalled that Olivia Newton-John once canceled a tour to protest against whale hunting, so I included various elements of sea life and waves throughout the bra's design. Lastly, to honor Breast Cancer Awareness, I sewed a pink ribbon onto the straps and the top of the bra. Overall, I aimed for a design that captures both beauty and meaning. Feeling mellow!

BRA Decorating









Inspiration

Curves

My inspiration stems from friends and family who embody the resilient spirit of New Englanders. The people of this region are known for a unique toughness that becomes even more pronounced when they face the challenge of breast cancer.

The qualities of strength, tenacity, determination, and unwavering grit truly exemplify what it means to be "New England Strong" in the fight against breast cancer.



Inspiration Curves

Rock, paper, scissors ~ knife, fork, spoon ~ yo-yos, vintage buttons, artificial flowers to enhance. There are many more sets of three I could list, but the last one is how I wanted to introduce my approach to decorating the bra for the contest.

I've used three main elements in the decorations. Yo-yos? I'm an avid quilter and often make garments for myself and family members. In sewing, a yo-yo is a circle of fabric with gathered edges pulled to the center and flattened to use as a decoration. I had a bag of about 20 yo-yos that I made many years ago—old fabric, different colors—perfect!

Various items can be used for the center of the fabric yo-yo, but a button is typically used. My button boxes are full of vintage buttons that originally belonged to my grandmother and my mother. Another "perfect"!

Finally, to add fullness, much like using baby's breath in a bouquet, I included artificial flowers. Incorporating items that have been a part of my life for many years, combined with the challenge of the contest, provided abundant inspiration for the project.

BRA Decorating





Inspiration Curves

All You Need Is Love

Love of life, love of self, love of others. The world needs more love! Once the theme was chosen, our inspiration as a team was love: As the hearts were added to the top portion of the bra, Kathy was inspired by a friend from years ago who had an aggressive form of breast cancer that she would not survive. However, throughout her journey, she maintained her love for those aiding her treatment by presenting them with thoughtful gifts.

The hearts of various colors, sizes, and textures represent the people whose love supports you through your personal journey: relatives, friends, neighbors, survivors, medical professionals, and researchers are all here to support you! You are loved. The lights symbolize your own self-healing and self-determination. The ruffles on the straps are the peaks and valleys. Two roses represent our mothers (Cynthia's and Jen's), who are survivors.

CONTINUE

BRA Decorating





Inspiration Curves

The gems represent beauty and resilience. Gems are precious, just like you. They are to be treasured, just as you are. This bra was a labor of love and cooperation as we worked together and inspired each other in the spirit of what we have in our Curves community. Love is part of the support we all need to survive and thrive, whether going through a cancer journey or any other health challenge.
Let's spread the love!

BRA Decorating



Inspiration Curves

A pink ribbon pinned, a voice so clear,
Through streets they walk, dispelling fear.
Breast cancer warriors, with stories to share,
A loss of self, yet a strength to bear.

The mirror's gaze, a sight so stark,
A body changed, a painful mark.
A part of them gone, a piece removed,
But spirit unbroken, courage proved.

Through scans and chemo, the fight goes on,
Each step a victory, a battle won.
A silent battle within their soul,
To rise above, to make them whole.

The survivors stand, a beacon of hope,
A message to spread, beyond the scope:
To check, to listen, to never delay,
For early detection can save the day.

CONTINUE

BRA Decorating



Inspiration Curves

Though scars may linger and stories go untold,
A survivor's spirit, brave and bold.
A testament to life, a will to thrive,
In every breath, they choose to live.

So raise your voice, let the message ring,
For every woman, a right to sing.
A song of resilience, a fight to claim,
Breast cancer awareness, a powerful name.

This poem captures the experience of a breast cancer survivor, acknowledging the loss of a breast while highlighting the strength and courage of those who face this challenge, as well as the important role of awareness advocates in promoting early detection and support.

BRA Decorating





Inspiration Curves

I have always loved glitter, sparkle, and fairy lights. When Curves announced the Bra Decorating Contest for the ONJ Foundation, I knew I had to participate to honor my aunt and my friend, who are breast cancer survivors. I have specifically chosen each item to represent a part of every woman affected by breast cancer in one way or another. Pink is a feminine, soft, and comforting color that warms your soul. Glitter! There is just something about glitter that is fun, carefree, and makes you smile and laugh. Sparkle: Every woman sparkles in her own way. Sparkle is something you should never lose sight of, no matter what life has in store for you. Fairy lights represent every beautiful woman who has survived, those currently undergoing treatment, and the loved ones we have lost.

I want to thank you for the opportunity to submit a bra and for all that you do. May the ONJ Foundation always sparkle and shine a light for everyone affected by breast cancer.

BRA Decorating





Inspiration Curves

The bell symbolizes the completion of chemotherapy, where one rings it to celebrate this significant milestone. It represents the idea that we are all queens in the eyes of God, as children of God. I firmly believe in this message! The remaining sentiments are intended to encourage everyone who is battling cancer. Amen! Let us praise the journey we endure!



BRA Decorating

Inspiration Curves

While research indicates that a healthy lifestyle and a lack of risk factors can theoretically reduce the likelihood of developing breast cancer, the reality is that this feared disease can, and often does, affect anyone with reckless abandon. Except for skin cancers, breast cancer is the most common cancer among women in the United States. It is the second leading cause of cancer death in women, with about 42,250 expected to succumb to it in 2024.

For Black women, the statistics are even more dire: they have the highest breast cancer death rate of any other racial or ethnic group. Although breast cancer incidence rates have slightly increased, death rates have, thankfully, been steadily decreasing. Currently, there are more than 4 million breast cancer survivors in the United States. My bra is inspired by the strength and courage of all the brave women impacted in any way by this dreaded disease.

BRA Decorating





Inspiration

Curves

The inspiration behind the design of the bra stems from several meaningful sources. Firstly, I deeply appreciate that Curves is donating the proceeds to the Olivia Newton-John Foundation. These contributions will support vital research and provide assistance to women navigating their journeys with breast cancer, embodying courage, strength, and grace.

Secondly, the peacock, a magnificent creature of God, serves as a symbol of elegance with its stunning plumage. I am particularly fond of the colors blue and green; when combined, they create a striking visual harmony. I also incorporated the pink ribbon as a tribute to breast cancer awareness.

In conclusion, I would like to express my gratitude to Curves for their role in my own journey, which has been one of strengthening my mind, body, and soul.

BRA Decorating





Inspiration Curves

My aunt Evelyn serves as the inspiration for my bra design. She passed away on January 29, 2009, at the age of 68, leaving behind a legacy of joy and love for life. Her husband is symbolized by a purple heart within the large "E", while her six sons and daughter are represented by the smaller blue and pink hearts, respectively.

Evelyn had a deep passion for Christmas and crafting, which I cherished about her. Her many pen pals are symbolized by the small pencils in her crafting section, and she found joy in flowers and butterflies. However, the item I miss most is her coconut cake—it was truly the best! Though she is no longer in pain, she is missed daily. Her simplicity is reflected in this tribute bra, honoring her memory beautifully.



BRA Decorating



Inspiration Curves

I adorned my bra with motivational merit stickers, such as "OUT OF THIS WORLD," "DREAM BIG," and "KEEP IT UP." I believed that, after all my body has endured, my breasts deserved recognition for their resilience and effort!

Inspiration Curves

Virtually every woman in my family has fought against breast cancer. These remarkable individuals, who inspire my decorated bra, exemplify true resilience as they confront this disease with dignity and grace. Although I have not personally experienced this illness, my doctor has emphasized the importance of regular mammograms. Consequently, I ensure that "the girls" receive consistent screenings without hesitation.

BRA Decorating





Inspiration Curves

I have lost so many friends to cancer. My bra is dedicated to my friend, who is a warrior and a survivor.

When she was first diagnosed, she was a single mom and wondered how she would tell her two young sons. She was a big-breasted woman and decided to sit the boys down to explain. She said, “Boys, think of these as Laverne and Shirley. Shirley is sick, and the doctors say she has to be removed. I will be sick for a while, but family and friends have all said they will help us, and I WILL be fine.” They both accepted this and were wonderful during her illness.

Then one day, it reoccurred. They were a bit older, and she was kind of worried about their reaction—would they not want her to talk about it? She sat them down and said, “Boys, I need to talk to you,” and her oldest blurted out, “It is not Laverne, is it?” I just had shivers run through my body as I typed that line. What amazing young men she raised. It taught them so much to see their mother’s courage. I dedicated this bra to her.



BRA Decorating

Inspiration

Curves

Several factors motivate me to design a bra specifically for breast cancer awareness. Having witnessed the profound physical and emotional impact this disease has on individuals and their families, I aspire to leverage my creativity and design skills to support those affected.

Moreover, through this design, I aim to encourage women to perform self-examinations at home at least once a month. This practice fosters familiarity with their bodies, empowering them to recognize any unusual changes and engage in meaningful discussions with their healthcare providers. Additionally, it is essential to emphasize the importance of annual mammograms for early detection.

BRA Decorating





Inspiration Curves

I had an enjoyable experience embellishing this polka dot bra, adorning it with an array of bling. It evoked memories from a decade ago, of the anxiety that gripped me when the phone rang.

My heart skipped a beat upon answering and hearing that dreaded word: “Cancer,” which sent tremors through me. I never thought it could apply to me, yet the reality was indisputable.

A small lump was detected during my mammogram, which was surgically removed within a few days. Faced with the prospect of chemotherapy and the prospect of losing my hair, I summoned my courage to embark on the next phase of treatment.

The three weeks of radiation were manageable and considerably easier than facing chemotherapy. I was relieved to experience minimal side effects, if any, although I remained on Anastrozole for a full five years.

To me, this polka dot bra symbolizes ten years of gratitude and relief. It represents the blessings of mammograms, no matter how uncomfortable, that helped liberate me from profound grief. I am profoundly thankful to my great Provider for granting me the strength to be a cancer survivor.

BRA Decorating







Inspiration Curves

BRA Decorating









Inspiration Curves

Cancer Messed with the Wrong Witch!

As a Curves member and coach since 2013, I am endlessly inspired by the breast cancer survivors in our community. Since October is Breast Cancer Awareness Month and also includes Halloween, I chose a fierce witch theme to represent their fight. The design deliberately highlights the physical toll of treatment, such as hair loss and skin changes. The bold makeup and a sparkling ring symbolize the enduring beauty, strength, and resilience of every survivor who refuses to let cancer dim their light. In her hand, she holds a symbolic flower: the black petals represent the dark, challenging moments of the cancer journey, while the fuchsia petals symbolize the vibrant resilience that carries them through. Tying the piece together, the back features sparkling ribbon and lettering to display “Courage” and “Strength.” This placement signifies the vital support system of family, friends, and medical teams who stand behind these women, continuously pushing them forward.

Michelle Bania ♡

Curves Franklin

BRA Decorating









Inspiration Curves

This bra was designed in honor of my girlfriend, Melanie, whom I lost to breast cancer. She was an amazing dancer, singer, actor, and friend. The bra itself represents a stage, with two gold curtains on the left and right drawn back to display symbols that showcase Melanie's vibrant character. I started with the theatrical masks, as her ultimate goal was to become an actress and perform live on stage as a career. I added stars because she was a shining star wherever she went. Melanie had a way of capturing attention and entertaining everyone around her. The red hearts are placed where her heart would be because Melanie was a compassionate friend, always concerned for others. The pearls, ruffles, high heels, and embellishments portray the picture of props and costumes that Melanie would adorn herself with on stage. Finally, the musical note ribbon added to the straps symbolizes her love of music and singing.

I wanted to join this contest to pay tribute to Melanie's memory and help draw attention to the Olivia Newton-John Foundation, which supports breast cancer research. I also wanted to spend a few hours crafting with my local Curves community, as we have a fun and supportive group that promotes wellness, strength, and friendships.

Mary Read ♡

Curves Memphis

BRA Decorating









Inspiration Curves

I just love the colors in our curves club! I wanted to use the colors in our club in the bra design.

My inspiration came from my many walks in our local botanical gardens. I feel a sense of peacefulness looking at all the flowers, butterflies and hummingbirds in the gardens. I wanted to represent our local club, as well as our members and coaches.

I've had many setbacks on my Curves journey through the years. But never give up, due to our incredible coaches in our club. Especially Nicole, she inspires me by always looking at the positives in my monthly coaching session.
I walk away with all of those positives feeling uplifted and ready to set attainable goals for the next month.

Jane Zalewski ♡

Curves Oak Creek

BRA Decorating









Inspiration Curves

I chose the Monarch butterfly as the inspiration for my bra for several reasons. Monarchs are a symbol of strength in adversity. They travel thousands of miles during their migration and are met with many challenges. Their journey is a testament to our own ability to persevere and overcome life's challenges. Monarchs are also a symbol of transformation. From their beginning as a tiny egg, they go through the stages of caterpillar, chrysalis, and finally emerge as beautiful butterflies. We also have the ability to transform ourselves, to begin new chapters of our lives and grow stronger and more beautiful.

Ellen Michels ♡

Curves Paradise

BRA Decorating









Inspiration Curves

The other day, something happened that I can't quite explain, but it touched my heart in a very special way. A dragonfly flew onto my daughter's index finger and stayed there for several minutes. It eventually flew away, but then it came back and landed on her finger again. When I reached out and extended my own finger, it flew away. I don't know what to think about that–LOL. It was such a beautiful and unusual moment for us.

My husband passed away three years ago, and because of that, this moment held an especially deep meaning for me. We took it as a sign from my husband–that he was nearby watching over us. Whether it was truly a sign or simply Mother Nature, I choose to believe in the peace and comfort I received from this amazing dragonfly.

Dennis Botta♡
Curves Topsfield

BRA Decorating





Inspiration Curves

My inspiration is all the stars in the night sky. I just had a mammogram and there were several dots in the picture. It reminded me of stars that you would see on a starry night. I had another mammogram six months later and was lucky enough that there wasn't any change. The dots were calcium buildup. I can see many more starry nights like all the stars in our Milky Way galaxy. I have a friend and she had breast cancer. She has been cancer free for 16 years. I am grateful for the many starry nights and sun shining days I get to spend with her, my other friends and my family.

Carla Schaeffer♡

Curves Colorado

BRA Decorating









Inspiration Curves

I have had two breast cancer scares in my lifetime, and thankfully, both turned out to be benign. I have also watched several family members face breast cancer, including an aunt who underwent a mastectomy. Because of these experiences, the Olivia Newton-John Cancer Research Institute holds a very special place in my heart. When Curves began supporting this organization, the cause became even more personal to me. The bra I created represents happiness, peace, and hope. My wish is that women facing breast cancer—or celebrating life after it—will look at it, smile, and be reminded that hope, strength, and brighter days are always possible.

Leonora Yanes ♡

Curves Dayton

BRA Decorating









Inspiration Curves

The Olivia Newton-John Foundation is helping so many people.

My inspiration for my bra is my mother, who had breast cancer. She loved flowers and the color pink, and she survived for 22 years after her diagnosis at age 66.

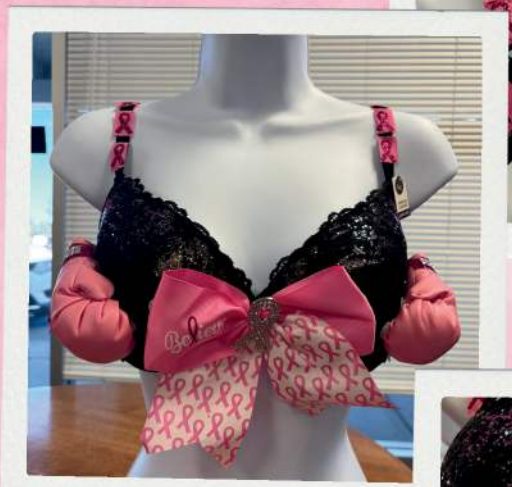
My sisters, my daughters, and I always schedule our routine mammograms.
So far, we all have been blessed. For the last 24 yrs, my daughter and I have participated in the Susan G. Komen 5k walk.

Now that I am a Curves member, I love supporting the ONJ Foundation.

Rosalie Navin ♡
Curves Dayton

BRA Decorating









Inspiration Curves

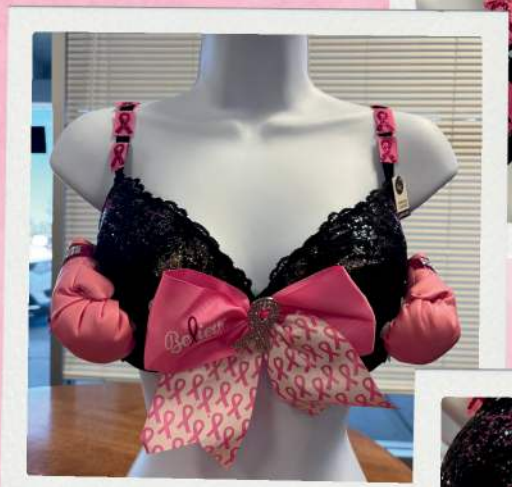
I created this bra because breast cancer is more than a cause to me - it is personal. My mom is a breast cancer survivor, and watching her face that journey has shown me the strength, courage, and resilience it takes to overcome this disease. I am incredibly grateful that she is here today, and her story is a reminder of how important awareness, early detection, and support truly are.

Cancer has touched many members of my family, so I have seen firsthand how deeply it can affect not only the person diagnosed, but everyone who loves them. Creating this bra gave me an opportunity to turn something meaningful to my family into a symbol of Hope, strength, and unity.

CONTINUE

BRA Decorating









Inspiration Curves

I wanted my design to celebrate survivors, honor those who have lost their battles, and encourage everyone to take their health seriously. Breast cancer awareness reminds us that we are never alone, and that our voices, support, and actions can make a difference.

This bra represents my mom, my family, and every woman who has been affected by breast cancer. Most importantly, it represents Hope – and the belief that together, we can support, encourage, and inspire one another.

Christie Ferguson ♡

Curves Paradise

BRA Decorating









Inspiration Curves

My design symbolizes the starry night sky, reflecting the heavens that declare the glory of God. I once had a sister-in-law who underwent a mastectomy due to breast cancer, and a daughter-in-law who sadly passed away from the same disease a few years ago. The faceted black beads represent the star-filled night, while the stars and stones honor all the women who have lost their lives to breast cancer.

Karen Easley ♡
Curves Dayton

BRA Decorating



Inspiration

Curves

I lost my best friend (Aunt) at a young age. I also lost my first cousin at a young age, both with Breast Cancer. When I sewed “Alive” on the front of the bra my message to every woman is to say fight for your life, do not give up. Don’t let this disease define you. The many colors of the shimmery fabric indicate the many emotions that we can experience in life and the many obstacles we must endure. The colors also are bright to depict happiness like a rainbow. I joined this contest to inspire women to never give up!

Noual Hanna ♡

Curves Gilbert

BRA Decorating









Inspiration Curves

What we plant in our minds is vitally important to our overall well-being and health. So, I chose words for my lady gardener to use to make her garden grow strong and beautiful. It is dedicated to the women in my family, along with all other women, who are impacted by breast cancer. My desire is to inspire them to be strong and beautiful in their quest for health.

Julie Korhummel ♡
Curves Sacramento

BRA Decorating









Inspiration Curves

My inspiration for my bra: I chose a lacy bra to represent femininity. I chose beige because it is the most versatile color and can be worn with anything. I wanted to use purple trim since that is the Curves color and my favorite color. Purple also makes me think of royalty. When a gal gets diagnosed with breast cancer, it is often the wife or mother, the queen of the family! And sometimes it is the daughter or sister, the princess of the family. The tiaras represent those queens and princesses.

I used the flowers because most women feel better and loved when they get flowers to brighten their days. The orchids symbolize love, beauty, strength, and thoughtfulness. They could also represent the hope to take that dream vacation, maybe to Hawaii, to celebrate once they are cured of breast cancer.

The crosses represent the multitude of prayers from loved ones, family, and friends to help deal with the diagnosis and treatments.

The ruffles and jewelry help make a woman feel pretty and dressed up, even if they're not always feeling the best.

CONTINUE

BRA Decorating









Inspiration Curves

The pink ribbon campaign serves to honor all individuals who have faced the challenges of breast cancer.

They say, “Every cloud has a silver lining,” suggesting that while some days may be incredibly difficult, maintaining optimism can eventually lead to positive outcomes. The silver fringe symbolizes this silver lining and the journey of recovery.

The wings represent all the breast cancer fighters who bravely battled their illness and earned their heavenly wings. The purple boa serves as a backdrop, uniting all the symbols, while the feathers evoke the image of angels who have earned their wings.

It is often said that “cardinals appear when angels are near.” I also believe that white butterflies signify the presence of loved ones nearby. No matter your beliefs, remember that our loved ones are always watching over us!

Darlene Stewart ♡

Curves Columbus



Inspiration
Curves

Kintsugi — Beautifully Rebuilt

My decorated bra is inspired by kintsugi, the Japanese art of repairing broken pottery with gold. Instead of hiding the cracks, kintsugi highlights them, transforming something that has been broken into something beautiful, unique, and even more precious. I chose this theme because I believe it carries a powerful message for anyone whose life has been touched by cancer.

Cancer can leave scars that are both visible and invisible. Our bodies may change. Our lives may change. Our plans may change. But those changes do not take away our beauty or our worth. They become part of our story. The white sections of my bra represent life before the unexpected happens. The gold lines flowing across the cups represent the cracks, scars, and difficult moments we experience along the way. Rather than trying to conceal them, I chose to surround them with gold, crystals, flowers, and light. The flowers represent new growth and the ability to bloom again after difficult seasons.

CONTINUE

BRA Decorating









Inspiration

Curves

The pink ribbon represents the fight against breast cancer and the incredible community of women who support one another through that journey.
I added soft pink lights throughout the design to symbolize hope. Each light represents the strength that continues to shine—even when life feels darkest. Together, those individual lights create something brighter and stronger.

I wanted to participate in the Curves Bra Decorating Competition because it gives us an opportunity to turn creativity into something meaningful. Every stitch, crystal, flower, and golden line can help start a conversation, honor someone we love, and support the fight against cancer. This design is dedicated to the fighters, the survivors, the caregivers, and those we have lost but will never forget.

Kintsugi teaches us that something does not have to return to exactly what it was before in order to be beautiful. Sometimes healing creates something entirely new. Our scars are not imperfections to hide. They are golden reminders of what we have survived. Broken is beautiful. Healed is powerful.

Sonia Le ♡

Curves Santa Cruz

BRA Decorating



Inspiration Curves

While decorating my bra, I drew inspiration from the idea of a perfect date in the countryside. I listened to relaxing country love songs by Luke Bryan, including "That's My Kind of Night." I also aimed to capture the beauty of femininity and strength.

Ladonna Gwen ♡
Curves Dayton

BRA Decorating









Inspiration Curves

Having cancer is not the end of the story — it is the beginning of how you survive, grow, and rise into a stronger version of yourself. I am an eight-year breast cancer survivor, and my journey has taught me that even in the darkest seasons, life finds a way to return.

Like the seasons of the year, your springtime will come again. That is why I chose flowers as the inspiration for my design. Early in my cancer journey, I believed my garden would never grow again. But slowly, quietly, it returned.

Your garden may look a little different now, but you will bloom again. Every year becomes a new adventure to explore, cherish, and embrace.

Never give up. Your story is still unfolding, and there is beauty ahead.

Carolyn Harris ♡

Curves Wytheville



Inspiration Curves

My name is Joy McInnis and I'm proud to say that I'm a 22-year Breast Cancer Survivor. In August of 2004, I was diagnosed with Breast Cancer at the age of 45. Earlier in 2004 I had joined Curves in Longmeadow, MA. After only working out there for a few months, I found out I had Breast Cancer and needed to step away. Even though I had only been working out there a few month, I received a card from the Curves women with words of encouragement and prayers. You don't even know how wonderful that made me feel. I knew at that point when I recovered, I was going right back there and I did. I wanted to be around women who encouraged and made you the best version of yourself.

"Staying Alive" is my theme. I picked it because it hit home for me. I'm staying alive and enjoying every day. Even though I have moved around, I'm proud to say that I have always continued working out at Curves. I know that staying healthy by working out and eating right is a big part of my still being Cancer free. Curves is a big part of that. Also, I grew up in the 70's during the disco era. Loved dancing and disco balls.

CONTINUE

BRA Decorating









Inspiration Curves

The purple butterflies signify, “Nobility & Self Worth”. The blue butterflies signify, “Happiness & Personal Soul Growth”. The white butterflies signify “Spirit is here and walking with us”. I wanted to add the stars as a reminder for those that lost their battle to Breast Cancer. Unfortunately, our fight is not over yet.

I have met so many amazing women at Curves. Several are Breast Cancer survivors like myself and several are currently going through treatment. We have a bond. I call it a sisterhood; we understand the struggle and can celebrate the milestones. We can encourage each other to move forward and continue to live our best lives.

Why did I join the Contest? I’ve never done anything like this. I saw the signup sheet to come and decorate a bra for the contest. I was a bit nervous. Wasn’t sure about the theme but once I got going I had so much fun decorating the bra. We had a couple of decorating sessions and we helped and encourage each other. We all ended up with some amazing designs. We had so much fun doing it. That's what being a Curves member is all about.

Joy McInnis ♡

Curves Memphis

BRA Decorating









Inspiration

Curves

This design is inspired by the unwavering strength, courage, and fight of a warrior. The front of the bra was intentionally crafted to resemble protective armor, symbolizing the battle, resilience, and determination shown by every woman facing breast cancer. The butterflies represent remembrance, rebirth, and survival—a reminder that even through the hardest seasons, transformation and hope remain possible.

I chose this theme because I have watched many family members and friends fight breast cancer with extraordinary bravery. Their journeys, their scars, and their victories inspired every detail of this design.

I wanted to join this contest to honor them — to celebrate their strength, to support awareness, and to stand with the women who continue to fight.

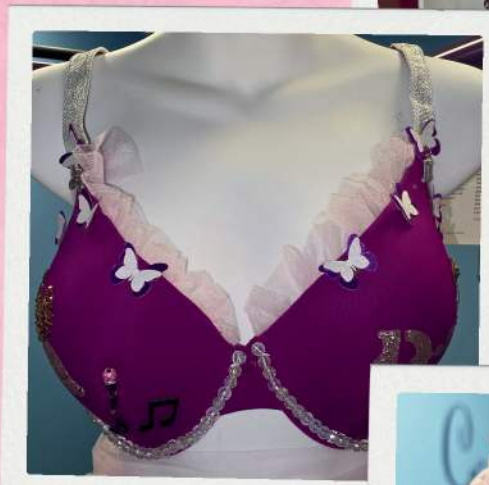
Together, these elements honor the spirit of the Olivia Newton-John Foundation and the powerful journey of every survivor. This design is dedicated to the warriors in my life and to all women who refuse to give up.

Terry Brewer ♡

Curves Wytheville

BRA Decorating









Inspiration Curves

From Rhinestones to Resilience

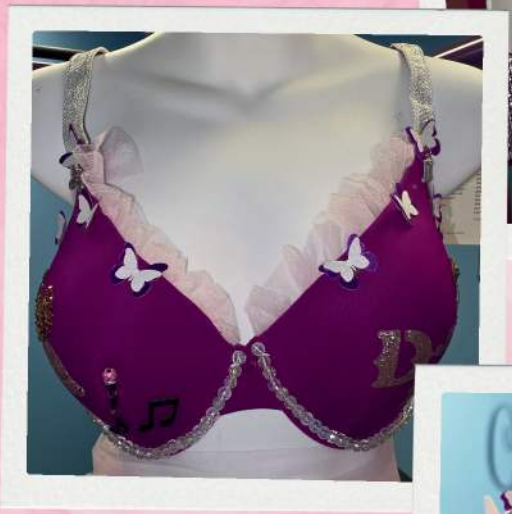
My bra is a celebration of an extraordinary woman who has always reminded us that being feminine, confident, and unapologetically yourself is something to be proud of, Dolly Parton.

I wanted this bra to capture the sparkle, heart, and personality that Dolly brings to everything she touches. The rich purple represents strength, courage, and individuality, while the pink and silver accents represent femininity, hope, and the power of woman supporting woman. I covered it in rhinestones because, in true Dolly fashion, I believe there is no such thing as too much SPARKLE! The butterflies symbolize transformation, freedom, and the beautiful journey of becoming who you are meant to be. The musical notes pay tribute to Dolly's incredible career and the countless woman who work hard everyday while continuing to care for everyone around them, just like Dolly!

CONTINUE

BRA Decorating









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I also wanted my design to carry a deeper message of breast cancer awareness. A bra is something most women wear every day, yet it can represent so much more: our femininity, our confidence, our strength, and sometimes even our fight. Every woman deserves to feel beautiful and empowered, regardless of what her body has been through.

Dolly has spent her life reminding us to dream big, work hard, stay kind, and never be afraid to SHINE! I hope this bra captures this and reminds women we all deserve a little more sparkle, a lot more courage, and the confidence to be unapologetically exactly who we are!

Nelly Bravo ♡
Curves Memphis

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Blooming Hope: A Wearable Tribute to Strength

This one-of-a-kind art bra was lovingly designed to celebrate the courage, beauty, and resilience of those whose lives have been touched by breast cancer.

Soft shades of pink symbolize hope and awareness, while hand-placed crystals reflect the inner strength that shines through every challenge. White daisies represent renewal and hope, delicate floral accents honor growth and healing, and pink awareness ribbons remind us that no one fights alone.

Elegant gold chains, sparkling embellishments, and flowing fringe transform this piece into a work of art celebrating life, love, strength, and community. May this piece help raise awareness, inspire hope, and honor every survivor, fighter, and family member touched by breast cancer.

Dena Fisher ♡

Curves Wytheville

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Don't Whine... Get in Line!

We can all find plenty of excuses to delay our mammograms. We're busy. We'll get to it next month. We just don't have the time. And let's be honest—nobody truly looks forward to having their breasts compressed between two plates!

However, this wine-cork-covered bra serves as a straightforward reminder: don't whine about it—get in line and schedule your mammogram.

Save the wine for afterward. Celebrate ticking something important off your list. And remind the women you care about to book their appointments, too.

Because when it comes to your health, procrastination just isn't worth the risk.

So, raise a glass to taking care of yourself—and get those girls checked!

Jennette Todd ♡
Curves Corvallis

BRA Decorating



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This bra may be all about casinos, jackpots, and getting lucky—but when it comes to breast cancer, luck isn't a strategy.

You can't control every card you're dealt, but you can take action when it comes to your health. Don't roll the dice. Don't bet on "it won't happen to me." And don't wait until something feels wrong.

Get your mammograms. Get them on time. Know your body, pay attention to changes, and talk to your doctor about the screening schedule that's right for you.

Early detection can make a difference, and that's one bet worth making.

So enjoy the sparkle, play the slots, and cross your fingers for that jackpot—but when it comes to your health?

Don't leave it to Lady Luck.

Karen Fruetel ♡

Curves Corvallis