



1. Please make a copy of this document and fill out the questions below
2. When complete, please share with [seasonforsqueezin@gmail.com](mailto:seasonforsqueezin@gmail.com)

### TOPIC: Swimwear Stories

**QUESTION 1:** Tell us about your background, and how you got your start in swimwear?

**Im Monica Quiroz, I'm from Colombia and I am almost 42 years old and I'm the creator of Alohita Swimwear. We don't sell only swimsuits, we sell confidence and self love through our bikinis. We believe that we are more than a size and that your body is perfect just the way you are. I started with my brand because I suffered from eating disorders, and I wanted to share my story of struggle and be able to help those who suffer from this disease from my experience.**

**We want you to fall in love with yourself because self love is the only love left when everyone leaves**

**QUESTION 2:** How has breast cancer and breast health/advocacy been a part of your life?

I have had close people who have suffered and died from this disease, and I know what the cancer does because my father passed away from this disease.

**QUESTION 3:** What does breast cancer *action* mean to you?

Early detection of the disease is important and if we can contribute to spreading the message that you have to touch your boobies more, we will do it to save more lives.

**QUESTION 4:** What is something you would tell a younger version of yourself about advocating for yourself?

**I would tell that insecure young woman that she was perfect the way she was**



# MAKING LEMONADE



**QUESTION 5:** What else do you want to share?  
Just say Thank You for this opportunity to help people



**\*\* Please include pictures and captions you'd feel comfortable publishing right here in**

**Thank you for sharing your story! Love - Julie**