

SUPPORT CANCER AWARENESS CALENDAR

Cancer touches the lives of many people. In honour of those who have died of cancer, those living with cancer, those who have survived cancer, and those who will be diagnosed with cancer, why not give back?

Whatever you do, don't wait. Get involved today! You can make an important difference!

You can get involved in many ways. For example, you can take part on your own, or with family, friends and/or co-workers. You can choose how involved you would like to be, depending on your free time, information, and skills. Some local, regional, and national annual events related to cancer, and examples of the many ways you can help beat cancer are found below.

FOCUS ON CANCER

March

What?

National Colorectal Cancer Awareness Month

What you can do

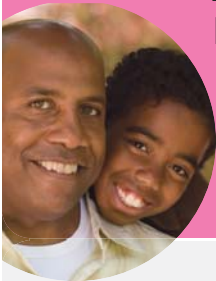
Make a donation to Colorectal Association of Canada.

Get involved in advocacy campaigns to protect patient rights, improve services, and remove barriers to getting treatment and services.

Where to find more information

Colorectal Association of Canada
<http://www.colorectal-cancer.ca/>

The Canadian Cancer Society
<http://www.cancer.ca>



April

Daffodil Month – National Cancer Awareness

Volunteer to sell daffodils door-to-door in your community or at your workplace.

Buy daffodils from the Canadian Cancer Society.

Ask your friends or relatives to give a donation instead of a gift on your wedding day, birthday, baby or wedding shower, or other special occasion.

Canadian Cancer Society
<http://www.cancer.ca>

Daffodil days <http://convio.cancer.ca>, click on How You Can Help, and it can be found under "Fundraising Activities" in the left-hand menu.



June

Motorcycle Ride for Dad

(prostate cancer)
May 30
Starts: 10 a.m.
Devonshire Mall
Parking Lot
Ends: Ciociaro Club.

Relay for Life

June 18
7 p.m. - 7 a.m.
Vollmer Culture
and Recreation
Complex,
2121 Laurier Parkway,
LaSalle

Get a team together for a "RIDE FOR DAD" in your area.

Sponsor a rider or a team.

Volunteer with the planning of an MRFD event, or at the event.

Contact MRFD national office to set up a "RIDE FOR DAD" in your area.

Register as a team captain, team member, survivor, or volunteer to help at the event.

Pledge a participant.

The 2010 Motorcycle Ride for Dad schedule is online at <http://motorcycleridefordad.org>



Relay for Life, Canadian Cancer Society
<http://convio.cancer.ca>, click on How You Can Help, and Relay for Life can be found in the left-hand menu.



September



What?
Childhood Cancer Awareness Month

Ovarian Cancer Awareness Month

Terry Fox Run or Terry Fox National School Run Day
(all cancers)

What you can do

Consider hosting or organizing a fun event to help raise money and donate the money to a Childhood Cancer Foundation (CCF).

Make a donation to the CCF.

Volunteer to do public speaking or plan fundraising events.

Consider hosting or organizing a fun event of your own to help raise money.

Run in the Terry Fox Run.

Start your own team of runners.

Pledge a runner.

Start a Terry Fox Run in your community if there isn't one already.

Where to find more information

Childhood Cancer Foundation
<http://www.childhoodcancer.ca>



Ovarian Cancer Canada
<http://www.ovariancanada.org>

Terry Fox Run
<http://www.terryfox.org/Run>

Terry Fox National School Run Day
<https://www.terryfox.org/SchoolRun>

October

Breast Cancer Awareness Month

Start your own team of runners or run in the Canadian Breast Cancer Foundation (CBCF) CIBC Run for the Cure.

Donate to a runner or to the CBCF.

Canadian Breast Cancer Foundation
<http://www.cbcbf.org>



November



Lung Cancer Awareness Month

Make a donation.
Be a peer support volunteer, resource centre volunteer, or a newsletter writer.

Lung Cancer Canada
<http://www.lungcancercanada.ca/index.html>

Pancreatic Cancer Awareness Month

Ask your doctor or local clinic if you can leave Pancreatic Cancer Canada brochures in their office waiting room.

Pancreatic Cancer Canada
<http://www.pancreaticcancercanada.ca/index.html>



REFERENCES:

Canadian Breast Cancer Foundation. (2006). Retrieved November 18, 2009, from <http://www.cbcbf.org/>

Health Canada. (2009). *Calendar of Health Promotion Days – 2009*. Retrieved October 8, 2009, from <http://www.hc-sc.gc.ca/ahc-asc/conferences/calend/index-eng.php>

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