



Get Involved with Fundraising for Breast Cancer



BE FIRST

Be the first to support your efforts by making a donation. This inspires others to match your gift.

START NOW

Register: fundraise.nbcf.org/StartHere

Contact Us:

- Email: fundraising@nbcf.org
- Phone: (972) 248-9200

BE CREATIVE

Make your fundraiser fun, inspiring, and impactful. When planning, consider ways to make it unique to you, your interests, and your story.

- Donate Your Birthday
- Sell T-Shirts
- Shave Your Head or Beard
- Do a Run or Squat Challenge
- Host a Club Event, Wine Tasting, or Garage Sale
- Get Your Company to Participate

BE FRIENDLY

Tell your family, friends, and coworkers why you are passionate about Helping Women Now and ask them to join in by donating.

- Tell Your Close Friends Personally
- Send a Personal Email or Letter to Family and Relatives
- Use Social Media
- Tag Friends to Challenge and Thank Them
- Tell Your Network, Coworkers, and Clubs

SAMPLE SOCIAL MEDIA POSTS



"I am #HelpingWomenNow by fundraising for @NBCF. Support my fundraiser by making a donation at _____!"
(Include a link to your fundraiser page.)



"I am #HelpingWomenNow by fundraising for NBCF. Support my fundraiser by making a donation and help save lives: _____"
(Include a photo and link to your fundraiser page.)



SottoPelle is Proud to Participate in National Breast Cancer Awareness Month.

Breast cancer is one of the most common kinds of cancer in women after skin cancer. About 1 in 8 women born today in the United States will get breast cancer at some point.

The good news is that most women can survive breast cancer if it's found and treated early.

- If you are a woman age 40 to 49, talk with your doctor about when to start getting mammograms and how often to get them.
- If you are a woman age 50 to 74, be sure to get a mammogram every 2 years. You may also choose to get them more often.

Talk to a doctor about your risk for breast cancer, especially if a close

When You Should Take a Mental Health Day

Everyone has to deal with varying levels of stress. This can be particularly difficult to manage if you also have symptoms of depression or anxiety. When you feel like you're stress levels have reached their peak, it might be time to take a quick break to reset. Sometimes taking a [mental health day](#)—a day off that's specifically geared toward stress relief and burnout prevention—is the best thing you can do for yourself. While one day might not solve heavy underlying problems that lead to [burnout](#), a mental health day can provide a much-needed break to pause, regroup, and come back with greater levels of energy and a fresh, less-stressed perspective.

family member of yours had breast or ovarian cancer. Your doctor can help you decide when and how often to get mammograms.



[Learn More](#)

Look for ways to keep stress levels low and so that you don't wake up one morning in dire need of an "emergency mental health day." A mental health day can be useful on occasion, but you should also strive to make your mental health a priority every day.



[Learn More](#)

A Memorable Month to Be Social

OCTOBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Try new things to get fit outside. LIFE FIT			2	3	Your Life~ Your Terms. 4	5
6	7	MAMMOGRAPHY 101 https://www.abcf.org/think-pink-edu-	9		11	SottoPelle Supplements can help boost optimal health 12
 Low Carb Peanut Butter Brownie Cups Get the recipe: sottopellelifestyle.com 13	 Nab! Dessert Day 14	15	 FIT TIP When you go outside, take a walk for 5 minutes. Startle slowly. LIFE FIT 16	17	 Keeping active increases our chances of staying healthier as we age. 18	19
"An obstacle is often a stepping stone." -Prescott 20	21	22	The only journey is the one within. RABER MARIA RIJKE 23	24	BREAST CANCER Symptoms https://www.nationalbreast-cancer.org/	26
27	 Forever Allowing Leaves (to) Leave 28	 WORLD STROKE DAY 29	30	 Happy Halloween SottoPelle's Licensed Provider		

YES, MEN CAN GET BREAST CANCER, TOO!

To learn more, go to:
<https://www.abcf.org/think-pink-education/yes-men-can-get-breast-cancer-too>

October is also
Breast Cancer Awareness Month



www.sottopellelifestyle.com | www.lifefit.life

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