



Spread
Awareness

Give Back

Uplift Spirits

Spark
Happiness

**DO ROUTINE BREAST
SELF-EXAMINATIONS.**

POST A TRIBUTE.

Bake a pink treat and share.

LIGHT A CANDLE IN HONOR OF...

Make a donation to a charity
that helps **BRAve Women**.

Organize a new Bra collection and
donate to local charity or shelter.

**PARTICIPATE IN
A VIRTUAL 5K EVENT.**

Plant a tree or a pink flower.

Learn about breast reconstruction options
for women following cancer surgery.

WEAR A PINK RIBBON.

Paint a picture of hope.

SHARE A **BRAVE STORY**
ON SOCIAL MEDIA.

ADD A PICTURE FRAME to spread
awareness on your social media page.

*Paint a pink pumpkin
& share with a senior home.*

**Share a donor story on your
social media page** (donatelife.net).

**DRIVE A BRAVE WOMAN TO
A CHEMO OR RADIATION TREATMENT.**

Send a card to someone just because ...

**PARTICIPATE IN
THE PINK CONTEST.**

Offer support to someone who is
facing a decision after a mastectomy.

**Download a coloring page,
crossword puzzle or word search
and share with others.**

Make a donation to a charity
that spreads donor awareness
(donatelife.net).

**Offer help - walk the dog,
cook a meal, go grocery shopping.**

Learn facts about organ,
tissue, and eye donation.

**Write a note of encouragement and
support to a BRAve woman.**

**Post smiling selfies
with pink ribbons.**

**Start a virtual coffee club with
friends—make organ, tissue, and eye
donation a topic of conversation.**

**Start a Facebook Fundraiser to
help support Donate Life America and
Breast Cancer organizations.**

**Join a charity that supports
women affected by breast cancer.**

**REGISTER TO BE AN ORGAN,
TISSUE OR EYE DONOR.**

Schedule a Mammogram.

**SHARE A PERSONAL EXPERIENCE
TO HELP OTHERS.**



Scan to learn how to engage
during October.



Register to be a donor
at www.RegisterMe.org

