



**BRA
DAY**

closing the loop on breast cancer

BREAST RECONSTRUCTION
AWARENESS USA

to Honor a BRAve Woman or
BRAve Hero During October

BRAve Woman—a woman affected by breast cancer. She might refer to herself as a warrior, survivor, or previvor. *BRAve Hero*—a donor or donor family who has made transplantation possible.

Spread
Awareness

Give Back

Uplift Spirits

Spark
Happiness

DO ROUTINE BREAST SELF-EXAMINATIONS.

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



Scan to learn how to
engage during October.

mtfbiologics
Science Driven Patient Focused

Register to be a donor
at www.RegisterMe.org

