



**BRA
DAY**

31 Ways TO HONOR A **BRAVE WOMAN** OR **BRAVE HERO** DURING OCTOBER

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

- 1 Join a charity that supports women affected by breast cancer.
- 2 **Register to be an organ, tissue or eye donor.**
- 3 *schedule a mammogram.*
- 4 Share a personal experience to help others.
- 5 **DO ROUTINE BREAST SELF-EXAMINATIONS.**
- 6 *Post a tribute.*
- 7 Bake a pink treat and share.
- 8 **LIGHT A CANDLE IN HONOR OF...**
- 9 Make a donation to a charity that helps **BRAve Women**.
- 10 Organize a new Bra collection and donate to local charity or shelter.
- 11 **PARTICIPATE IN A VIRTUAL 5K EVENT.**
- 12 **Plant a tree or a pink flower.**
- 13 **Learn about breast reconstruction options for women following cancer surgery.**
- 14 **WEAR A PINK RIBBON.**
- 15 **Paint a picture of hope.**
- 16 **SHARE A BRAVE STORY ON SOCIAL MEDIA.**
- 17 Paint a pink pumpkin & share with a senior home.
- 18 **Start a Facebook Fundraiser** to help support Donate life America and Breast Cancer organizations.
- 19 **ADD A PICTURE FRAME** to spread awareness on your social media page.
- 20 **Share a donor story on your social media page (www.donatelife.net).**
- 21 **Drive a BRAve woman to a chemo or radiation treatment.**
- 22 **Send a card** to someone just because ...
- 23 **PARTICIPATE IN THE PINK CONTEST.**
- 24 **Offer support** to someone who is facing a decision after a mastectomy.
- 25 **Download a coloring page, crossword puzzle or word search and share with others.**
- 26 **Make a donation to a charity** that spreads donor awareness (www.donatelife.net).
- 27 **Start a virtual coffee club with friends** – make organ, tissue, and eye donation a topic of conversation.
- 28 Offer help - walk the dog, cook a meal, go grocery shopping.
- 29 **Learn facts** about organ, tissue, and eye donation.
- 30 Write a note of encouragement and support to a BRAve woman.
- 31 *Post smiling selfies with pink ribbons.*

To find resources for activities highlighted in **pink**, visit our website www.mtfBiologics.org/BRADay2022.



SCAN TO LEARN
MORE ABOUT BREAST
RECONSTRUCTION



Register to be a donor
at www.RegisterMe.org

