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/BRADay2023.