

October 2022

Breast Cancer Awareness Month



Day	Activity	Day	Activity
Monday Oct. 3	Save the Twins! – Coordinate matching outfits with someone	Thursday Oct. 20	Show Your Care – Donate a Scarf or a Hat for a Breast Cancer Patient
Tuesday Oct. 4	50 Shades of Pink - Paint your nails pink	Friday Oct. 21	Fight the Fight, Find the Cure! – Do you know about our R.E.D. Rose program and our services? Responsible Early Detection learn more here: 
Wednesday Oct. 5	Be Their HERO and Fight Cancer! – Watch your favorite female superhero movie		
Thursday Oct. 6	Put Cancer to Sleep – Wear pink pajamas		
Friday Oct. 7	Team up about Breast Cancer – Wear your favorite team jersey or shirt!	Monday Oct. 24	Thanks for the Mammories! – Share a survivor story or picture #REDrose #Hellohumankindness #DignityhealthNLV
Monday Oct. 10	Pink Fitness – 10 push-up challenge (<i>share your videos</i>) #REDrose #hellohumankindness	Tuesday Oct. 25	On Tuesday We Drink Pink! – Hydrate for the cause
Tuesday Oct. 11	Supporting the Fighters – Wear a pink ribbon	Wednesday Oct. 26	Decorate a Pink Pumpkin Contest! – Post your masterpiece on social media #REDrose
Wednesday Oct. 12	Pink Out! – Dress Pink Day	Thursday Oct. 27	Think Pink! – Share something you are grateful for. #REDrose #Hellohumankindness #DignityhealthNLV
Thursday Oct. 13	Breast Cancer Awareness Lunch and Learn Wellness Center NLV Campus 12:30 to 2:30 p.m. Register here: 	Friday Oct. 28	Real Men Wear Pink – Educate a male friend or family member about why mammograms are important
Friday Oct. 14	Pink Treat Day – Have a pink donut!	Saturday Oct. 29	Walk to Support Breast Cancer Awareness Join Susan G. Komen  More than Pink Walk Komen.org/NationalWalk
Monday Oct. 17	Love Pink – Write down positive affirmations about yourself		
Tuesday Oct. 18	Sock it to Cancer – Wear pink socks		
Wednesday Oct. 19	Give Cancer the boot! – Wear your boots	Monday Oct. 31	Happy Halloween – Scare cancer away by scheduling your routine mammogram