



Join the fight for LIFE all year long

JANUARY

New Year and a healthier you! In 2013, start living a healthier lifestyle. Gather your colleagues and start a weekly running club. Visit www.cancer.ca/marathons to register for a 5k, 10k, half or full marathon and fundraise in the fight against cancer.

FEBRUARY

Synergy anyone? Take a pledge to stop using business jargon! Have some fun with overused words in the workplace while fundraising with Bleep Cancer. Visit www.cancer.ca/bleepcancer.

MARCH

March is Nutrition Month. Encourage employees to be healthy and host a wellness lunch seminar. Invite our team to lead an information session on cancer prevention or host an exercise class. At your event, ask employees to make a donation to the Society. Visit www.cancer.ca/corporategiving to download our Tips for Healthy Meetings.

APRIL

Proudly wear a daffodil pin in honour of those who have lost their battle against cancer and those living with the disease today. Place a pin box in your workplace and ask your colleagues to make a donation in return for a pin. Visit www.fightback.ca to learn more or contact corporategiving@ontario.cancer.ca to order pins for your workplace.

MAY

Get walking around the office with our Step by Step Challenge! We'll provide you and your colleagues with pedometers so you can track your steps taken in the fight against cancer. www.cancer.ca/stepbystep.

JUNE

Gather your colleagues into teams of 10 and join *Relay For Life* to become one of our Caring Companies. Together, you will Celebrate, Remember and Fight Back while raising much needed funds for cancer research and services. Visit www.relayforlife.ca to register your team or become a sponsor.

JULY

Host a BBQ, golf tournament, or other fun summertime event with proceeds benefitting the Society! Visit www.cancer.ca/holdyourownevent to create your own online fundraising page.

AUGUST

Looking for a fun team building activity? Set up a Geocaching scavenger hunt to beat the summer heat. Check out www.geocaching.com to find out more about this hot trend and then register your event at www.cancer.ca/holdyourownevent.

SEPTEMBER

Hold a charity bowling, hockey, curling or indoor volleyball tournament. Tournaments are great in the winter to keep energy levels up and maintain an active lifestyle! Does your company have a league? Fundraise online at www.cancer.ca/holdyourownevent and the highest team can win a day off.

OCTOBER

Breast Cancer Awareness Month is a time to celebrate the lives of those who are living with breast cancer and remember loved ones lost. Lead the fight at your work by organizing a dress down day, wear pink day, or selling pink ribbons while promoting breast health and awareness.

NOVEMBER

Having a holiday party? Donate a percentage of the ticket sales to the fight against cancer. If you don't currently sell tickets consider asking employees to make a donation to the Society to attend the event.

DECEMBER

Get in the holiday spirit by purchasing Society holiday cards for your colleagues, clients, customers, suppliers, vendors and other business associates at www.cancer.ca/greetingcards.

For more information:

Call **1 800 268-8874** to speak with a member of the Corporate and Community Partnerships Team, or email us at corporategiving@ontario.cancer.ca



Canadian Cancer Society
Société canadienne du cancer

To learn more about holding your own event, visit: www.cancer.ca/corporategiving