

# New Connections

HELPING YOU CARE FOR A LOVED ONE DURING TREATMENT



Issue 17



**Volunteer.**  
To help others  
and to help yourself.

Volunteering is like gift giving. It often does as much for you as it does for the recipient. This can be especially true for people who have a loved one who has cancer. Volunteering in some capacity can give you a feeling of empowerment over the disease, all the while helping others. There are lots of volunteer opportunities.

Whether it's sending an email to family and friends about cancer screening guidelines, advocating for research funding, or putting together a team for Relay For Life<sup>®</sup>, there are multiple ways you can get involved in the American Cancer Society's lifesaving mission.

## Getting Involved in Community Events

Community events can be just the ticket for devoted caregivers who sometimes forget to consider their own health and well-being. Here are two:

The American Cancer Society Making Strides Against Breast Cancer<sup>®</sup> is a noncompetitive walking event that raises awareness and funds to help fight breast cancer. This unique event is held throughout the country, typically in October, during National Breast Cancer Awareness Month. Making Strides Against Breast Cancer is more than just the name of an event; it also describes the progress we're making together against this disease. For more information and to sign up online, visit [www.cancer.org/stridesonline](http://www.cancer.org/stridesonline). The hope for a world without breast cancer starts with you.

The American Cancer Society Relay For Life is a great opportunity for the friends and loved ones of people with cancer to honor their loved ones, to help in the ongoing struggle against cancer, and to have some good, healthy fun. The American Cancer Society's signature event, Relay For Life is held in more than 4,200 communities across the country, attracting people from all walks of life. Teams of eight to 15 people gather for this overnight celebration to take turns walking or running around a track. This celebration of cancer survivorship supports the hope that one day, cancer will no longer threaten the lives of people we love, and encourages everyone to fight back against the disease.

Both of these events are not only inspiring, they're also good ways to get a little of the exercise we all need.

[Learn More](#)

[To learn about the various community event volunteer opportunities as well as other volunteer opportunities, click here.](#)

**For more cancer information, call 1-800-ACS-2345  
or visit [www.cancer.org](http://www.cancer.org), anytime, day or night.**

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