

Get Ur Good On + Breast Cancer Awareness Month

Raise money and participate in a walk for breast cancer. City of Hope has a Walk of Hope you can participate in if it's in you a city near you:

<http://nationalevents.cityofhope.org/>

Participate in a walk virtually through City of Hope's Anytown, U.S.A Walk. Join Anytown, U.S.A. to raise money and become an advocate for all of the mothers, daughters: <http://nationalevents.cityofhope.org>

Gather a group of friends and host a Pink themed bake sale. Use pink sprinkles, pink food dye for cookies, and pink ribbons to wrap and tie items people buy. Donate the money to City of Hope, Susan G. Komen for the Cure, the National Breast Cancer Foundation, or the Breast Cancer Research Foundation.

If you have a birthday in October, ask people to donate to City of Hope, Susan G. Komen for the Cure, or the National Breast Cancer Foundation instead of giving you gifts. You can easily do this on Facebook Causes: <http://apps.facebook.com/causes/causes/search>

Make posters listing facts about breast cancer and informing women about ways that might reduce their chances of getting breast cancer. Then, post them in your neighborhood: There are a lot of sources of great information on the City of Hope site: <http://womenscancers.cityofhope.org/>. Ask your parents/guardians to help you find out if you need permission from your city or town council to hang up the posters in your neighborhood.

Support City of Hope virtually. Follow them on Twitter (<http://twitter.com/cityofhope>) and "like" them on Facebook (<http://www.facebook.com/womenscancers>).

Encourage your friends and classmates to wear pink to a school event like a football game or pep rally.

Help grant a wish for Making Memories, an organization that provides opportunities for metastatic (metastatic means the cancer spreads to other parts of someone's body) breast cancer patients to fulfill dreams and wishes:

http://www.makingmemories.org/help_grant_wishes.html

Can you sew or knit? Make a hat for chemotherapy patients that have lost hair due to treatments. Contact your local hospital and ask if they have a breast cancer center and if you can donate hats. You can also send donations to Halos of Hope:

<http://www.halosofhope.org/>

Send a letter to your congressperson demanding more federal funding for breast cancer research and mammograms for deserving women. Here are tips on how to write a letter to an elected official: <http://www.dosomething.org/actnow/actionguide/write-a-letter-to-elected-official>

Save Lids to Save Lives! For the next few months, Yoplait yogurt cups will have pink lids in honor of breast cancer awareness. They will donate 10 cents to Susan G. Komen for the Cure for every lid you send to them. Start a drive and collect as many lids as you can from friends and family: <http://www.yoplait.com/sls/>