



Walk for Awareness

Looking to make a statement in the fight against breast cancer? Look no further than your legs.

There are numerous organizations across the country devoted to setting up charity walks for breast cancer awareness. One such group, Making Strides Against Breast Cancer, encourages all races, ages and sexes to come together and raise money and draw attention to the disease.

Throughout the United States, nearly 300 Making Strides walks take place each year. This makes it the largest network of breast cancer fundraising and awareness events in the nation. The group's initiatives put many helpful dollars into research that can end breast cancer.

MAKING STRIDES PROGRAM

Since its inception in 1993, Making Strides has raised more than \$528 million in the fight against breast cancer, according to the American Cancer Society. The money has been raised by more than 9 million walkers across the country.

Making Strides relies on its walkers finding sponsors for donations, so why not convince your employer to take part in the national effort? Many companies offer a matching gift program, according to Making Strides. This

means that your contribution can be doubled.

If you're not feeling up for the walk, Making Strides also looks for volunteers to donate their time to help with registration, water stations and other activities.

Sponsors are always welcome in the Making Strides program. Your individual or business donation is tax-deductible and you will have the satisfaction of assisting in the fight against breast cancer.

BREAST CANCER AWARENESS MONTH

What better time than October to join Making Strides or a similarly focused organization in your neck of the woods? October is National Breast Cancer Awareness Month, giving advocates everywhere the opportunity to unite for a common cause.

You can wear a pink breast cancer ribbon during the month to show your support. You also can join a walk or personally show your support with a kind deed for a survivor.

During October and beyond, it's important to show your respect to those who have lost the fight against breast cancer. Consult with your local advocacy organization for specific or unique ways to get involved.