

Colors for a Cause – May 2022

- May 1 – Wear **GREEN** for mental health awareness
 - According to the National Alliance on Mental Illness, 1 in 5 adults experienced mental illness in 2020 (52.9 million people) in the US.
- May 2 – Wear **BLACK** for Melanoma Monday
 - According to the Skin Cancer Foundation, melanoma is the most common cancer in the United States. Having 5 or more sunburns doubles your risk for melanoma, but when detected early the 5-year survival rate is 99%!
- May 27 – Wear **GRAY** for brain cancer awareness
 - According to the American Cancer Society, it is estimated 25,050 malignant tumors will be diagnosed in 2022 including both adults and children. The numbers would be higher if benign tumors were included.
- May 30 – Wear **ORANGE** for multiple sclerosis awareness
 - According to the National Multiple Sclerosis Society, nearly one million people are living with MS in the United States. There is no cure for MS. Treatment is focused on slowing the progression of the disease and managing symptoms.



Monthly Challenge: May 2022

- Check out these fitness challenges for awareness!
 - Lupus Awareness Run/Walk/Bike: <https://runsforapurpose.com/>
 - Mental Health Awareness Run/Walk/Bike: <https://runsforapurpose.com/>
 - Walk for Multiple Sclerosis: <https://mssociety.donordrive.com/index.cfm?fuseaction=cms.page&id=2039>
 - NJ Brain Tumor Walk and Race: <https://events.braintumor.org/newjersey/>
 - 25 Push-ups a day for St. Jude Children's Research Hospital: <https://www.stjude.org/get-involved/other-ways/facebook-challenges.html#April>
 - 31 Miles for Mom Challenge – Breast Cancer Research Foundation: <https://m.facebook.com/TheBreastCancerResearchFoundation/posts/10159250939408467>
 - 75 miles for Colon Cancer Research: <https://www.facebook.com/events/395593352434624?ref=newsfeed> or <https://www.facebook.com/ColonCancerCoalition/>