

Colors for a Cause – June 2022

5 June

Wear **LAVENDER** or any color to represent a specific cancer for National Cancer Survivor's Day!

- Way for survivors to share their journey and offer hope and inspiration to those newly diagnosed. The cancer journey is overwhelming, and this day offers support and outreach!

21 June

Wear **PURPLE** for Migraine Awareness Day!

- According to the National Headache Foundation, migraines are the 3rd most common illness in the world. Forty million Americans are living with migraine disease and headache disorders.

Wear **BLUE** for Men's Health Day!

- Men are less likely to get regular check-ups and are more likely to take chances with their health choices. The three leading causes of death for men according to the CDC are cancer, heart disease, and accidents.

17 June

Monthly Challenges – June 2022

- PTSD Awareness Run/Walk: <https://runsforapurpose.com/>
- St. Jude Children’s Research Hospital: <https://www.stjude.org/get-involved/other-ways/facebook-challenges.html>
 - 50 Kettlebell swings a day challenge
 - 2 minutes of planking a day challenge
- Pancreatic Cancer Action Network: <https://www.pancan.org/social-media/>
 - 75-mile challenge
- Alzheimer’s Association – The Longest Day: https://act.alz.org/site/SPageServer?pagename=the_longest_day
- Leukemia & Lymphoma Society: <https://www.facebook.com/groups/808572703436546>
 - 50-mile run