

Colors for a Cause – August 2022

- August 1 – Wear WHITE for World Lung Cancer Day
 - According to the Lung Cancer Research Foundation:
 - Lung cancer is the leading cancer death worldwide.
 - **1 in 16 people** will be diagnosed with lung cancer in their lifetime – **1 in 15 men, and 1 in 17 women**
 - Good News – number of new lung cancer diagnoses is declining steadily. From 2009-2018, the incidence rate decreased by 2.8% per year in men and 1.4% per year in women.
- <https://www.lungcancerresearchfoundation.org/lung-cancer-facts/>



August Challenges:

- Make-A-Wish Foundation
 - Complete 30 miles of walking or running
 - https://secure2.wish.org/site/SPageNavigator/WFW_home.html
- St. Jude's Children Research Hospital
 - Swim 20 miles
 - <https://www.stjude.org/get-involved/other-ways/facebook-challenges.html>
- Project Purple – Pancreatic Cancer
 - 62-mile run
 - <https://www.projectpurple.org/>
- American Cancer Society
 - Cycle 30 minutes/day – Facebook Challenge
- Breast Cancer Research Foundation
 - Walk 31 miles – Facebook Challenge
- American Lung Cancer Association
 - Run/walk 37 miles – Facebook Challenge
- No Kid Hungry
 - Complete 31 miles – Facebook Challenge