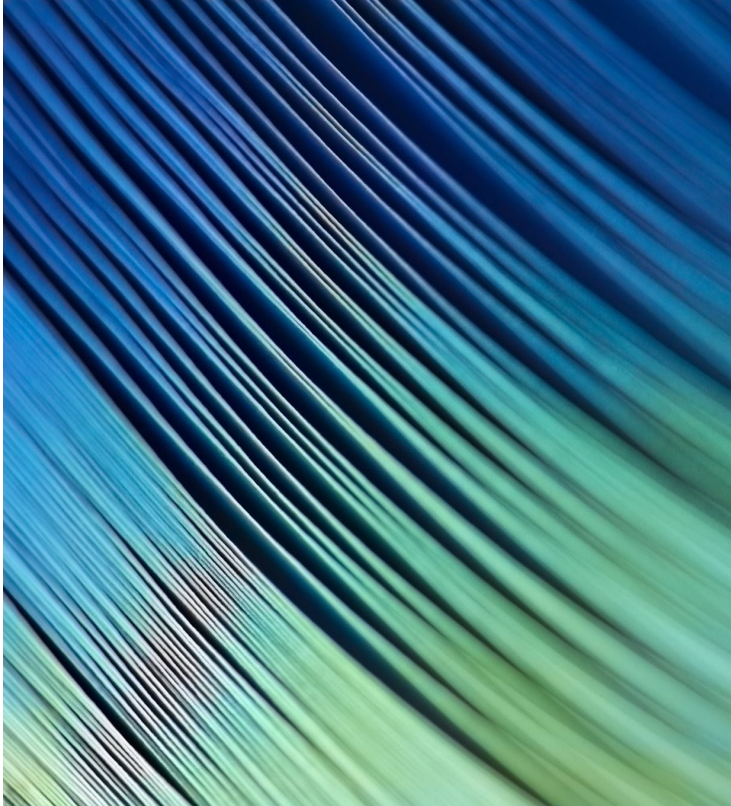


Colors for a Cause – September 2022



Childhood Cancer Awareness – wear **GOLD** throughout the month!

- According to the American Childhood Cancer Organization, approximately 1 in 285 children in the U.S. will be diagnosed with cancer before their 20th birthday.
- Every 3 minutes a family hears the words that their child has been diagnosed with cancer.
- [American Childhood Cancer Organization](#)

Blood Cancer Awareness – wear **RED** throughout the month!

- Three main types of blood cancer are leukemia, lymphoma, and myeloma.
- [Blood Cancer Types and Treatments](#)

Prostate Cancer Awareness – wear **LIGHT BLUE** throughout the month!

- According to the Prostate Cancer Foundation, one in 9 men in the U.S. will be diagnosed with prostate cancer.
- [Prostate Cancer Foundation](#)

September 13 – wear **GREEN** for celiac disease awareness!

- Celiac disease is an autoimmune disease where the ingestion of gluten leads to damage of the small intestine.
- According to the Celiac Disease Foundation, it affects 1 in 100 people worldwide, but only about 30% are properly diagnosed.
- [Celiac Disease Foundation](#)

September 23 – wear **TEAL** for Teal Talk Day for ovarian cancer awareness!

- According to the American Cancer Society, ovarian cancer ranks 5th in cancer deaths among women and causes more deaths than any other gynecological cancer.
- Risk of a woman getting ovarian cancer is about 1 in 78.
- [National Ovarian Cancer Coalition](#)

Monthly Challenges: September 2022

Runs for a Purpose

- National Recovery Month: 5k; 10k; Half Marathon
- Virtual Suicide Awareness Run/Walk: 5k; 10k; Half Marathon
- <https://runsforapurpose.com/>

Ovarian Cancer Research Alliance

- Complete 60 miles in September to help with ovarian cancer research
- <https://ocrahope.org/get-involved/ways-to-give/>

Wounded Warrior Project

- Complete 50 kettlebell swings per day (Facebook challenge)
- <https://www.woundedwarriorproject.org/give-back>

Epilepsy Foundation of America

- Run 65 miles during September!
- <https://www.epilepsy.com/>