

Colors for a Cause – February 2023

- Heart Health Month – wear **RED**
 - Heart disease is the leading cause of death in the U.S.
 - [Take Action for Better Heart Health!](#)
- World Cancer Day – February 4 – wear **LAVENDAR**
 - According to the World Health Organization, cancer is one of the leading causes of death worldwide.
 - Inform people on prevention, early detection, and treatment of cancers.
 - [2023 Theme – Close the Care Gap](#)
- International Childhood Cancer Day – February 15 – wear **GOLD**
 - Each year, [more than 400,00 children](#), and adolescents below 20 are diagnosed with cancer.
 - Raise awareness about childhood cancer and support children and their families.



Monthly Challenges – February 2023

- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [St. Jude Children's Research Hospital](#)
 - 50-mile dog walk
 - 2,800 push-ups for the month
 - 56-mile challenge
 - Walk 100 miles
 - Boot Camp Challenge
- [American Heart Association](#)
 - 60-mile Challenge for #HeartMonth
- [Miles for Multiple Sclerosis](#)

