

Colors for a Cause – January 2023

- Thyroid Disease Awareness Month – wear **LIGHT BLUE** or **BLUE PAISLEY**
 - According to the [American Thyroid Association](#), about 20 million Americans have some form of thyroid disease, and up to 60% of those are unaware of their condition.
 - Women are five to eight times more likely than men to have a thyroid problem.
- Cervical Cancer Awareness Month – wear **TEAL** and **WHITE**
 - According to the [National Cancer Institute](#), cervical cancer was once a leading cause of cancer death among women in the US. However, today screenings and prevention have reduced the impact of cervical cancer.
 - According to the [CDC](#), about 13,000 new cases of cervical cancer are diagnosed each year in the US and about 4,000 women die of this cancer.
- Blood Donor Awareness Month – wear **RED**
 - According to the [American Red Cross](#), every 2 seconds someone in the US needs blood and/or platelets.
 - One donation can help save more than one life.

Monthly Challenges – January 2023

- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [St. Jude Children's Research Hospital](#)
 - 100 crunches a day in January
 - 250-mile cycle challenge
 - 62 miles your way!
 - 40 miles with your dog
 - 31-day hydration challenge
- [31-Day Challenge for Positive Mental Health](#)

