



Colors for a Cause - September 2023

- Childhood Cancer Awareness – wear **GOLD**
 - According to the [American Cancer Society](#), about 9,910 children in the US under the age of 15 will be diagnosed with cancer in 2023.
- Blood Cancer Awareness – wear **RED**
 - According to the [Leukemia & Lymphoma Society](#), every 3 minutes someone in the US is diagnosed with a blood cancer. More than 1.3 million Americans are living with or in remission from a blood cancer.
- Prostate Cancer Awareness – wear **LIGHT BLUE**
 - According to the [American Cancer Society](#), about 1 in 8 men will be diagnosed with prostate cancer. Early detection is key!
- Celiac Disease Awareness – wear **GREEN** on September 13
 - A genetic autoimmune disease that damages the villi of the small intestine and interferes with the absorption of nutrients from food.
 - According to [Beyond Celiac](#), about 1% of the population has celiac disease.
- Ovarian Cancer Awareness – wear **TEAL**
 - Ovarian cancer is the 5th leading cause of cancer-related deaths among women.
 - The [Ovarian Cancer Research Alliance](#), states a woman's lifetime risk of developing ovarian cancer is 1 in 78.



Monthly Challenges September 2023

- [Runs for a Purpose](#)
 - Suicide Awareness Run/Walk
- [Ovarian Cancer Research Alliance](#)
 - Complete 60 miles in September to help with ovarian cancer research
- [Gone for a Run](#)
 - Many themed runs and distance challenges! All virtual!
 - Every race supports a charity!
- [St. Jude Children's Research Hospital](#)
 - 100 Push-ups a day
 - 30 minutes of yoga a day
 - 2 miles a day with your dog
 - Jog 1 mile a day
 - Walk 1 mile a day
 - 30 games of racquet sports
 - Walk 100 miles
 - Hike 30 miles