



Canadian  
Cancer  
Society

**CIBC**  **RUN  
FOR THE CURE**



# Commemorate your impact by drying your flowers

1. Keep only a few flower heads,  
and remove leaves.
2. Group stems together and tie them  
with rubber bands.
3. Hang your bundle of stems upside  
down in a dark room.
4. Wait 2-4 weeks for the flowers to  
completely dry.
5. To help preserve them you can spray  
them lightly with hairspray.

