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Jennifer Griffin's Breast Cancer Triumph

From covering war zones
to battling cancer

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for Over Two Decades**

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Dallas Donohoe, Ph.D.

prevent  cancer
FOUNDATION





President's Corner

Cancer is a mysterious disease, one that continues to leave many unanswered questions despite great advances in modern

medicine. It is always changing and evolving—it appears in every part of the body, affecting many organs and systems while we resort to often-extreme and toxic treatments to combat its relentless growth. Often times, it seems that the treatment is just as bad if not worse than the disease itself.

But despite this dark and somewhat bleak outlook, there remains a shining ray of hope. Strong progress in understanding the disease has already been made and continues to show much promise. Cancer rates have actually declined overall—the rates of breast, cervix, colon, lung and prostate cancers have dropped about half a percent annually in recent years.

The Prevent Cancer Foundation has advocated for the “Power of Prevention” since our inception 27 years ago, and current research continues to support the significance of prevention and early detection. A recent study from Washington University found that “More than half of the cancer occurring today is preventable by applying knowledge that we already have.” Moreover, the American Association for Cancer Research 2011 Progress Report affirmed that fifty percent of cancer deaths can be prevented as well.

Our message of not smoking, healthy eating, exercise, sun safety and regular screening continues to ring true—those everyday choices are the “magic bullet” we’re all looking for as we battle cancer. Many may feel that cancer is inevitable and unavoidable, but we will show them that the opposite is true. Together with our community of researchers, advocates and supporters, we will continue to help everyone make the day-to-day choices that save lives.

Sincerely,
Carolyn R. Aldigé
President and Founder

News & Programs

As part of the Foundation’s continuing effort to educate the Latina community on breast health, through our “¡Celebremos la vida!” program, we have designed, developed and pilot-tested the “Campeonas contra el cáncer de seno” (Champions Against Breast Cancer) project, a culturally appropriate, informal outreach effort to improve breast cancer screening in the Hispanic community. By sharing their own experiences when being screened for breast cancer, “Campeonas” encourage their friends and family members over the age of 40 to get mammograms.

The goal of this project is to further increase breast cancer screening and awareness in the Hispanic community by recruiting and training women who have been screened themselves to talk with their peers about taking care of their health by getting screened too. All elements of the project were created with input from women in the Washington D.C. Latina community to ensure cultural appropriateness, interest and usability. During their



New Breast Health EDUCATION TOOLS for the Latina Community

experience-based training, the “Campeonas” practice using their folders with educational materials and resources so that they are ready to have conversations about breast cancer screening with friends and family. By the end of the year, the “Campeonas” training materials and the free-standing community educational materials will be available on the Foundation’s website (in both Spanish and English) for health care providers interested in peer-to-peer outreach to Latinas. One of these materials is a “novella” entitled “Un Encuentro Oportuno: Conversando Sobre el Cáncer de Seno” (A Timely Encounter: Talking About Breast Cancer) that uses pictures and a story to share information about breast cancer screening.

Funding for this project was provided by the Prevent Cancer Foundation and the National Capital Area Affiliate of Susan G. Komen for the Cure.



“Campeonas” encourage their friends and family members over the age of 40 to get mammograms.

TOP LEFT: Campeonas and staff after the initial pilot test training in August.
BOTTOM LEFT: The Campeonas advisory committee brainstorms during a meeting in May.



—Want to Stop Cancer Before It Starts?—

LEAVE A LEGACY.

Include Prevent Cancer Foundation
as a beneficiary in your will.

21 Years of the Congressional Families Cancer Prevention Program:

Each fall on Capitol Hill, the Congressional Families Cancer Prevention Program honors a group of extraordinary people whose contributions make a significant impact on cancer awareness. That tradition turns twenty this year, and we will celebrate the milestone by honoring five amazing women. The signature event of the Congressional Families Cancer Prevention Program, the awards luncheon recognizes the activities of Congressional spouses, Members of Congress, representatives of the media and both high-profile and grassroots community advocates for their outstanding work in cancer education, awareness and prevention.



Marcelle Leahy, spouse of Sen. Patrick Leahy (Vt.) and Barbara Morris-Lent, spouse of the late Rep. Norman Lent (N.Y.) will be awarded the Congressional Families Leadership Award—honoring a spouse or Congressional family member who makes a noted contribution in the field

of cancer awareness.

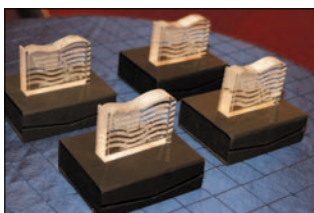
A melanoma survivor, Leahy is a member of the Board of the Prevent Cancer Foundation. This former nurse educates people about skin cancer and the importance of being a fierce advocate for oneself. She is active in her home state of Vermont and nationwide, through the Congressional Families program and other avenues.



Since the inception of the Congressional Families Cancer Prevention Program in 1991, Barbara Morris-Lent has been involved, lending her ideas, vision, intelligence and organizational skills to its success. For many years, she helped

secure financial and human resources for the awards lunch. For the past few years, her close involvement with cancer became personal when she moved into a caretaker role for Norm, her husband of 32 years who passed away from pancreatic cancer in June.

Ellen Noghès, spouse of H.E. Gilles Noghès the Ambassador of Monaco, is being recognized with a special award for her work in cancer awareness in the diplomatic community. Noghès has had three separate cancer diagnoses—two occurrences of melanoma and one of breast cancer. In Washington and at previous



CONGRESSIONAL FAMILIES
CANCER PREVENTION PROGRAM
OF THE PREVENT CANCER FOUNDATION

Congressional Families Cancer Prevention Program Awards

Leadership Award

Marcelle Leahy
Barbara Morris-Lent

Cancer Awareness Special Award

Ellen Noghès

Excellence in Cancer Awareness Award

Dara Torres

Excellence in Journalism Award

Jennifer Griffin

diplomatic postings, Noghès brought together others in the diplomatic community who faced cancer to share their stories and strength. Ellen is the first diplomatic liaison to the Congressional Families program, and she and her husband Gilles have worked with the Prevent Cancer Foundation through its annual spring galas to raise funds for critical cancer prevention and early detection programs and medical research.



Five-time Olympian, swimmer Dara Torres is the recipient of the Excellence in Cancer Awareness Award. The award honors a great corporate leader, athlete or citizen who is a dedicated public servant and reflects a commitment to cancer prevention and early detection through a special campaign or event, influences public policy, improves access to screening and treatment and encourages healthy lifestyle choices. Dara Torres defies age and odds, inspiring women and men of all ages as the first and only Olympic swimmer from the United States to compete in five Olympic Games. Dara has also served as an effective advocate for those with colorectal cancer and their families, having lost her father to this disease.



The Congressional Families Cancer Prevention Program began in 1991 as a partnership between the Prevent Cancer Foundation and the Congressional Club, a bipartisan organization of spouses of Members of the House, Senate, Cabinet and Supreme Court. Spouses active in the program share an interest in advancing cancer prevention, early detection and education.

To read about our featured award recipient, breast cancer survivor Jennifer Griffin, please turn to her story on page four.

President and Founder Carolyn Aldigé participated in the "Women: Drivers of Prevention" panel at the DLDwomen's Conference in Munich, Germany this past July. Moderated by a prominent German talk show host, the panel discussed why education, research and advances in prevention seem to have been led by women.

Left to Right: Dr. Cornelia Ulrich, Carolyn Aldigé, Dr. Christa Maar, a festively-attired Conference Attendee, Dr. Martina Pötschke-Langer



Among this year's distinguished Congressional Families Action for Cancer Awareness awardees is journalist Jennifer Griffin, a three-year breast cancer survivor who covers military and intelligence matters from the Pentagon as a national security correspondent for FOX News Channel (FNC). Griffin's distinguished career includes covering two wars and issues in the Middle East from Jerusalem since joining FNC in 1999; she previously reported from the region for the Associated Press, National Public Radio and U.S. News and World Report. She actively

blogs about her experience with breast cancer—providing empathy and support to others touched by the disease, as she shares her own stories and anecdotes.

Griffin had seen many tragedies and triumphs throughout her years as a news correspondent abroad, but nothing had quite prepared her for a very different kind of bombshell. Bad news hit right at home when her busy life was suddenly turned upside down in September 2009. While nursing her six month old son Luke, she found a hard lump in her right breast.

Jennifer Griffin's Breast Cancer Triumph: From Covering

War Zones to Battling Cancer



"I was stunned. I didn't know you could get breast cancer while you were pregnant or nursing," said Griffin. She immediately went into action and had a biopsy, revealing the devastating diagnosis of stage three Triple Negative breast cancer. After hugging her sister, Griffin immediately found the best breast oncology team in the country, starting chemo within the week.



Griffin covering a story with General David Petraeus.

"We didn't waste time," she said. "We didn't ask 'why me?' We got the best medical advice we could find and we took action. There is no other choice." Though accustomed to seeing conflict throughout her years in the Middle East, Griffin was suddenly fighting a very different battle—one that ran deep.

"When I lived in Jerusalem and covered the Intifada I often wore a flak jacket to work. I was used to covering 'other people's wars.' When I was diagnosed with a 9 cm tumor, I had no choice but to begin fighting a war inside my own body." Griffin never stopped fighting with every ounce of strength she had—and came out triumphant.

The mother of three has been cancer free for the past three years—remaining steadfast to her extremely healthy lifestyle. She has committed herself to a healthy body and mind, practicing Pilates or exercising almost every day of the week. Even through chemotherapy, Griffin exercised almost every day over six months.

"When you lose control with a cancer diagnosis, there is only one thing to do to regain a bit of control and that is to decide to clean up your diet (a cancer fighting diet is as important as chemo)," said Griffin. "Exercise is also the best way to deal with the anxiety and turn off the onco-gene."

Griffin started cooking out of "The Cancer Fighting Kitchen" and the "One Bite at a Time" cookbooks by Rebecca Katz—citing them as "the best gift you

"We didn't waste time," she said. "We didn't ask 'why me?' We got the best medical advice we could find and we took action. There is no other choice."

Griffin with husband Greg, daughters Annalise, Amelia and son Luke.





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can give someone who is newly diagnosed". She has cut out almost all processed foods and has a nearly vegan low fat diet. Her life is as busy as ever, managing to keep up with her three children while reporting from all over the world. She even makes time to update her blog on a regular basis. An active women's health advocate, her message is this: "I am here to tell people that if you are diagnosed, you CAN survive. Cancer is not a death sentence."

This September, Jennifer Griffin was presented with the Distinguished Service in Journalism Award, which honors a journalist (print, television, radio or Internet) who has made a significant and responsible contribution through his or her work to

educate about cancer prevention and advances in cancer research.

"I have to admit when I first read the e-mail from Lisa [McGovern, Executive Director, Congressional Families Cancer Prevention Program] I got very emotional," said Griffin. "I couldn't believe it. So I did what I normally do: I forwarded it to my mom. She is also a breast cancer survivor." Griffin actually comes from a long line of cancer survivors—most of her family has fought cancer at some point in their lives. While most have survived, some have not—but, as she describes, "they are all fighters".

"The 'Excellence in Journalism' award means so much to me because ever since I came back to work after the 10 months when I was receiving treatment - 17 rounds of chemo, a double mastectomy and weeks of radiation—I haven't looked back," said Griffin. "My first time back on the air was from Afghanistan and I haven't stopped ever since. This award forced me to pinch myself and stop for a moment to appreciate how far my family and I had come."

"This award forced me to pinch myself and stop for a moment to appreciate how far my family and I had come."

Visit Jennifer's blog at:
www.jengriffinblog.blogspot.com



Your Gift Makes a Difference!

Workplace Giving programs, including the Combined Federal Campaign (CFC), United Way, state and local government and private corporate campaigns, have raised nearly \$8 million in support of the Prevent Cancer Foundation's cancer prevention and early detection efforts. A bi-weekly or monthly gift through an employee's payroll deduction can really add up over the course of a year and donors do not have to worry about writing a check or finding a stamp to send in their charitable gift. **Every donation matters** and helps us to **Stop Cancer Before It Starts!**

The CFC runs **September 1 through December 15**. If you are or know a federal employee, please mention Prevent Cancer Foundation and make a donation in support of cancer prevention. Just remember the **CFC#11074**. If your federal agency is hosting a charity fair, ask your designated CFC key worker to invite Prevent Cancer Foundation to attend and bring information on how you and your colleagues can prevent cancer. If your organization runs a United Way or other workplace giving campaign, please designate your gift to the Foundation simply by writing in our name Prevent Cancer Foundation.

A Special thank you to organizations who invited the Foundation to attend their workplace giving and health fair events last year:

- Census Department
- CSA at the Pentagon
- Dahlgren Naval Base
- Department of Homeland Security FEMA
- Defense Information Systems Agency
- DLA Aviation Center
- ExxonMobil Employees' Favorite Charities Campaign
- FDA
- Lockheed Martin
- Maryland Charity Kick-Off Campaign
- National Reconnaissance Office
- National Geospatial Agency
- Navy Sea Systems Control
- NIST Commerce Department
- Pepco Energy Services, Inc.
- Quantico Marine Corps Base
- Social Security Administration
- Securities and Exchange Commission
- Smithsonian
- US Army Security & Intelligence Command
- USDA
- USPS Richmond Plant & Distribution Center
- Walter Reed National Military Medical Center
- Washington Gas

Workplace Giving programs, including the Combined Federal Campaign (CFC), United Way, state and local government and private corporate campaigns, have raised over \$12 million in support of the Prevent Cancer Foundation's cancer prevention and early detection efforts.

Crossfit Q & A: Dr. Matt Pogodzinski

It seems that Crossfit gyms are popping up all over the place recently—this killer new workout craze has been sweeping through cities everywhere. Dr. Matt Pogodzinski, Crossfit fanatic and organizer of a recent fundraising event to benefit the Prevent Cancer Foundation “Crossfight Against Cancer,” explains what all the fuss is about.

Q: To someone who is not familiar with CrossFit, what is it?

A: Crossfit is a high intensity core strength and conditioning program. It is constantly varied and focuses on the nine fundamental areas of athletics and fitness. Typical workouts include a skill of some sort (walking on hands, weight lifting techniques, rope climbs, etc.), a strength component (lifting weights, pull ups, etc.) and a high intensity finish known as a “Met-Con” which puts together a series of movements. This portion is timed and competitive.

Q: What is a “WOD” and what are some example components?

A: Each WOD (Workout of the Day) is different. It involves all three components above but is usually named for the “Met-Con” at the end. A sample “Met-Con” is:

- 100 double-unders (jump rope with 2 passes per jump),
- 50 pushups
- 50 double-unders
- 25 ring dips (lowering your entire body while holding yourself in gymnastics rings and pushing your body weight up with your arms/chest).

This “Met-Con” was timed. If you cannot do one of the movements (many people, especially newcomers, cannot) there are substitute movements, but the goal is to try to strengthen and improve with time.

Q: What muscles does Crossfit work and what are the health benefits?

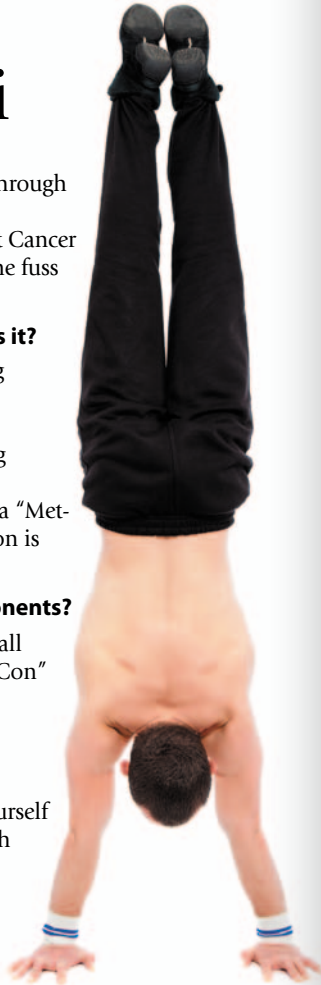
A: Absolutely every muscle is worked at different times. Besides the actual workouts and getting in great shape, most people consume a very healthy diet which improves performance, loses excess body fat and dramatically improves chronic health conditions like diabetes and hypertension.

Q: What do you like best about Crossfit?

A: The community and the constantly varied movements. You can never maximize your potential and you cannot possibly get bored.

Matt, Crossfit E-Town and Crossfit Shoreside in Evanston, Ill. hosted a one-day event featuring members performing a unique workout of the day (WOD). They raised \$13,500 with over 35 participants! They have decided to make “Crossfight Against Cancer” an annual event, and continue their commitment to Stop Cancer Before It Starts!

For information about organizing a “Crossfight Against Cancer” in your community, please contact development@preventcancer.org



Researcher Studies How Fiber Protects Against Colorectal Cancer



This month we spoke with Dallas Donohoe, Ph.D., at the University of North Carolina at Chapel Hill, who received a fellowship from the Foundation in the fall of 2008 to examine how fiber protects against colorectal cancer. We caught up with Dr. Donohoe to hear more about his research and the importance of funding studies in prevention and early detection.

Q: Tell us about your research.

A: There are several lines of evidence that eating a high-fiber diet reduces the incidence of colorectal cancer. However, there is also evidence that shows that it has no preventive effects. Factors that may complicate this issue include different individual genetic make-up, different microorganism populations, different fiber sources, compliance issues and so on. In my experimental system I am able to control each of these factors.

My research results thus far have demonstrated that a high-fiber diet does protect against colorectal cancer, although in a microbiota*-dependent manner. More specifically, in my model, I observed the experimental group which received the high-fiber diet and was colonized with a butyrate-producing microbe showed fewer and smaller tumors.

Q: How did receiving a Prevent Cancer Foundation fellowship impact your research?

A: The Prevent Cancer Foundation has directly funded my research for the past two years. This research has focused on the potential dietary prevention of colorectal cancer through a high-fiber diet. With the Prevent Cancer Foundation fellowship I was able to purchase the necessary reagents and supplies to perform experiments. I am and forever will be grateful to the Prevent Cancer Foundation. Thanks to the Foundation fellowship, my research will advance the science of cancer prevention.

Q: Why is it important to fund research in the field of cancer prevention and early detection?

A: Many of the factors related to cancer prevention can be put into practice in our everyday lives. These factors include diet, physical activity, lifestyle, and other environmental exposures. In my studies I addressed the importance of a high-fiber diet in colorectal cancer prevention. In this way, improving one’s diet is something that applies to everyone.

Fiber-rich foods include fruits, vegetables and whole grains. Visit www.preventcancer.org to learn other ways you can reduce your risk of colorectal cancer.

*microbiota: The microorganisms that typically inhabit a bodily organ or part; flora.

Healthy Recipe:

Quinoa with Balsamic Roasted Mushrooms and Apples

1/4 cup Balsamic vinegar
2 tsp Dijon mustard
1/4 cup olive oil
1 garlic clove, minced
15 large white mushrooms, stemmed and sliced
1 cup quinoa, rinsed
2 cups tightly packed fresh baby spinach
1 large sweet apple, diced
4 green onions, white parts only, thinly sliced
Freshly ground black pepper to taste

1 3/4 cups organic chicken broth
Sea salt to taste

Preheat oven to 350. Combine vinegar, mustard, olive oil and garlic and mix well. In large bowl add 1/2 of the vinegar mixture to the mushrooms and toss to coat well. Spread mushrooms in single layer on lined baking sheet and roast until tender, about 15 minutes.

While mushrooms are roasting prepare quinoa. In medium pot bring broth to a boil. Stir in

quinoa, reduce heat to low, cover and cook for 15-17 minutes. Remove from heat and let stand covered for 10 minutes. Fluff with a fork. Combine mushrooms, quinoa, spinach, apple, onions, salt and pepper to taste. Add three or four tablespoons of remaining dressing and mix well.

Quinoa is a highly nutritious seed that is high in protein, dietary fiber, amino acids, magnesium and iron. It is also a source of calcium—a true “super food”.





NAVIGATING

THE MAZE OF

NUTRITION

The world of nutrition has become more and more complex. What are we supposed to eat? How will our food affect our health and how we look and feel? Should we eat red meat? How about pasta? With so much information and so many choices, it's no wonder people are confused!

The truth is that how we fuel our bodies makes all the difference. Often when we feel low-energy and depressed, we can look to what we ate to provide us with answers and solutions.

Good nutrition doesn't have to be complicated. Learning how and what to eat for optimal health is pretty straightforward. Sure, there are

lots of "experts" who recommend special diets that promise quick weight loss, but anyone who's tried these know they don't work—at least for long.

Here's the proven secret: Eat whole foods from our earth in their most natural state. Avoid processed foods that are made in a factory. Generally these products are loaded with chemicals and sugar. Our bodies don't know what to do with this stuff and the result can be extra weight and a loss of good health. The Centers for Disease Control and Prevention (CDC) estimates that as many as one in three U.S. adults will have diabetes by 2050 if current trends continue. Two of the most common causes of Type Two diabetes are obesity and lack of exercise.

It's been proven over and over again that even small lifestyle and dietary changes can help prevent many chronic health conditions. Changing your diet can dramatically reduce your risk of cancer, heart disease and other ailments.

Start with small goals to make small changes. One of the most important things we can do to improve our diets (and thereby our health) is to cut back on the amount of refined sugar we eat. Read the labels! If a product has more than 5 grams of added sugar, put it back on the shelf and find a healthier choice. Save grocery store baked goods for special occasions and stick to fruit to satisfy your sweet cravings.

When you consume a diet of whole foods like vegetables, fruits, legumes, lean animal

proteins and nuts combined with regular, moderate exercise, you'll reach your optimal weight naturally and will feel and look your best!



By: Ginny Wright, Founder and owner of Body By Ginny Fitness.

The Wonders OF Olive Oil

Nearly 5,000 years ago, humans started consuming the tangy fruit of the olive tree, squeezing out the essential oils for cooking and other uses. Olive oil became a staple in Mediterranean diets and has been shown to lower rates of cardiovascular disease and other health conditions. The oil is very versatile and adds to the flavor of a wide variety of dishes. These properties as well as the added health benefits make olive oil one of the best culinary oils available.

As with all plant-derived oils, olive oil contains a large percentage of fat. However the monounsaturated fat found in olive oil is a much healthier alternative to the fats found in animal-derived products like butter and lard.

Although equally high in calories, olive oil has significantly less LDL (bad) cholesterol that is the cause of plaque buildup in blood vessels. The monounsaturated fat known as oleic acid also increases HDL (good) cholesterol in the body, leading to better cardiovascular health.

Studies have shown that meat cooked in olive oil develops fewer carcinogenic compounds and the oleic acid in olive oil suppresses certain cancer causing genes in the body. There are anti-inflammatory compounds in olive oil that also prevent digestive system cancers and ensure body tissue longevity. These compounds are known as polyphenols and they help protect cells from harmful metabolic processes and act as anti-oxidants. Olive oil's anti-inflammatory properties and ability

to prevent dangerous spikes in blood sugar have also been shown to improve other conditions such as rheumatoid arthritis and diabetes. For the best quality and highest anti-inflammatory polyphenol content, remember to purchase extra virgin or virgin olive oil.

Consumption of olive oil is not the only way to reap its many benefits. Many people use olive oil on their skin as a way to moisturize or treat dry skin and eczema. The components of olive oil are excellent for hair and nail treatments and even as a soothing relief for throat pain.

The versatility of olive oil is demonstrated by its popularity in many health-food and grocery stores—many feature an extensive array of olive oils with added flavors and infusions. The huge selection ensures that you can purchase the right olive oil for your needs, budget and flavor preferences.

Here are some of the more unusual flavors to look for next time:

Chocolate—Chocolate infused olive oils boast a light, buttery flavor that is just sweet enough to accent any dessert and provide all the benefits of extra-virgin olive oil.

Smoked—This bold-flavored olive oil creates a distinct wood-smoked aroma and goes perfectly with grilled chicken and vegetables.

Porcini—The versatile flavor of mushrooms infused in this olive oil allows for pairing with a wide variety of dishes, from vegetables to salads to eggs.

Basil—Used with myriad autumn vegetables, summer salads, pastas and meat dishes, basil and its distinct flavor are a great addition to any dish. It is perfect for grilling and sautéing—toss it in with pasta for an extra flavor punch, or try drizzling it on tomatoes, steamed vegetables, soups and soft cheeses.





1600 Duke St., Suite 500
Alexandria, VA 22314

Stop Cancer Before It Starts!

To subscribe, contact:

Prevent Cancer Foundation
1600 Duke St., Suite 500
Alexandria, VA 22314
(800) 227-2732, (703) 836-4412
fax (703) 836-4413
www.PreventCancer.org
Info@PreventCancer.org

Editor:
Liona Chan



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The Last Word

Love Baseball—Hate Cancer?

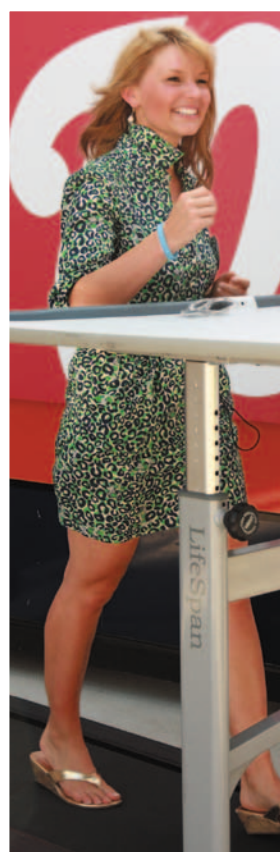
The Prevent Cancer Foundation 5K FUNdraising Event is being held at Nationals Park this year. In order to raise awareness about the Prevent Cancer Foundation and the 5K, we had the opportunity to have a Prevent Cancer Foundation Nationals Game Night on August 4.

The first ever Prevent Cancer Foundation Game Day at the Washington Nationals-Miami Marlins game was a smashing success! Prevent Cancer 5K Chairperson Katherine Kennedy, along with the Foundation staff, sported green attire in support of cancer prevention and early detection. Game attendees walked away with Foundation giveaways and an exclusive look at the Prevent Cancer 5K's grand prize, the LifeSpan Fitness Treadmill Desk.

The NL East division-leading Nationals beat the Marlins 10-7. However, the baseball game was only part of the excitement as eager attendees tried to guess the number of Buddy Bracelets in a jar for a chance to win a \$100 gift card to Clyde's. Congratulations to D. Marie Collins whose guess of 455 bracelets was closest to the jar total of 447!

The exclusive fitness sponsor of the Prevent Cancer 5K, LifeSpan Fitness has generously donated their signature Treadmill Desk as the 5K's coveted grand prize for the top individual fundraiser. The desk provides a unique way to focus on your health and the prevention of many lifestyle-related diseases while working. The Prevent Cancer Foundation is grateful to individuals and businesses in the community for joining with us to promote healthier and more active lifestyles, and for donating funds to advance cancer prevention research and educate communities nationwide about prevention and early detection.

The Prevent Cancer 5K will be an exciting addition to the end of the MLB season, so don't miss out on the fun! Join us Sunday September 30 at Nationals Park for a day of healthy choices, exercise and cancer prevention. For more information, visit www.preventcancer5k.org.



LEFT: 5K Chair Katherine Kennedy shows off this year's grand prize, the LifeSpan Treadmill Desk.

RIGHT: Staff promoting the 5k during the Prevent Cancer Game Night on August 4.

BOTTOM RIGHT: Fans proudly sported the Foundation's "Love Baseball, Hate Cancer" buttons all night.



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