

August 2011



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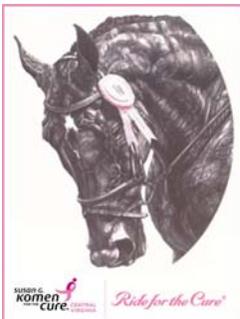
Survivor Celebration Tickets on Sale Now!



How did the breast cancer movement gain momentum in a time when you weren't even allowed to say the word "breast" on television? We are excited to have Katrina McGhee, Chief Marketing Officer at Susan G. Komen for the Cure, as this year's key note speaker. Join us on **Friday, September 30** to hear how one promise between two sisters changed the face

of breast cancer forever... [Learn more](#) »

Ride For the Cure Virginia



Join us for the 3rd Annual Ride for the Cure Virginia on October 1, 2011! The Ride for the Cure is a trail ride where horse enthusiasts work to help us achieve our promise. Last year the event raised over \$110,000! Ride participants raise funds and awareness for the fight against breast cancer, celebrate breast cancer survivorship, and honor those who have lost their battle with the disease. [Learn more](#) »

Grantee Spotlight: VSU Student Health Services



Virginia State University's "PE A M – Prevention, Education, Access and Mammogram" program addresses health disparities in breast cancer by providing prevention strategies through education programs and mammography screening. Through collaboration with other community organizations, emphasis is placed on women in the Tri-Cities area (Petersburg, Colonial Heights, Hopewell) - especially African American women who are

Volunteer with Komen

Want to join us in the fight against breast cancer as a volunteer? [Learn more](#) »

Komen Educator Training

Saturday, August 27
Midlothian Branch Library
10:30 a.m. - 12:30 p.m.

Do YOU want to take action and let others know the importance of breast health? Join us for Komen Educator Volunteer Training to learn more about being a volunteer breast health advocate!

Space is limited, so please [click here to register](#).

Komen Grants Program

Grant applications for funding to support breast cancer and breast health programs will be accepted until noon on **Wednesday,**

August 31, 2011. [Learn more](#) »

Upcoming Events

King's Dominion: Happiness is Finding a Cure

Visit the park during Pink Days, July 25 - August 22, save \$20 off the regular price plus \$1.00 from every ticket will go to Komen. While you're there, buy

uninsured or underinsured. The program is unique in that it trains and utilizes female students to reach all women of color in the Petersburg area. [Learn more »](#)

Volunteer Spotlight: Sarah Fitch and Arlette Lubin



Sarah Fitch and Arlette Lubin joined the Komen family at the beginning of 2011 and jumped head first into our Komen Educator program. They attended community health fairs and many other events, staffing our education table to make sure we could reach as many people as possible with the message that early detection saves lives. After attending a few events, Sarah and Arlette decided they wanted to do even more to help us reach our vision of a world without breast cancer, so they joined the Race for the Cure Committee as the Sleep In for the Cure Co-Chairs. [Learn more »](#)

What's for Dinner?



We've been hearing for years that certain foods have cancer fighting properties and that a healthy weight reduces breast cancer risk. So we are all shopping the perimeter of our grocery stores and eating fresh, home cooked meals, right?

Unfortunately, that is not how real life plays out in my house...I used to make lists of foods that I "should" and "shouldn't" be eating because I am a breast cancer survivor. I've tried drinking 6 cups of green tea a day. I've cooked kale, Brussels sprouts, and squash, just to have my kids turn up their noses at them. It is exhausting trying to be perfect! So I quit. Now I just do the best that I can, one day at a time. [Learn more »](#)

**Start planning now
for Breast Cancer
Action Month**

[Click here to learn how you can fundraise
for Komen](#)

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a pink Snoopy for \$5 for a chance to win a new Honda Civic from Pohanka Auto!
[Learn more »](#)

LINC Presents WOMEN: The Financial Heart of the Home

Saturday, September 10
9 a.m. to 1 p.m.

A seminar for Breast Cancer Patients, Survivors, their families and caregivers. Topics to be discussed are: Financial Planning for Women, Debt Management for Women, The Legalities of Reconstruction and Lymphedema, and Live Through This: Managing the Cancer Change.

The seminar is free but registration is required. [Learn more »](#)

The Melting Pot August 1 - October 31

The Melting Pot will offer 2 specially priced 4-course dinners which includes a bottle of wine for either \$95 or \$99 per couple. Ten percent of the net proceeds from these dinners will be donated to the Komen. This promotion is valid at both locations in Richmond and Charlottesville.

There are many events happening in our area to benefit Komen! [Click here to see more »](#)