

September 2011



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Celebrate Breast Cancer Survivors



There are over 2.5 million breast cancer survivors in the U.S. today, making them the largest group of cancer survivors in the country. We've come a long way since Susan G. Komen for the Cure was founded 30 years ago! Join us on **Friday, September 30** to hear how one promise between two sisters changed the face of breast cancer forever and receive a copy of Nancy G. Brinker's book *Promise Me* as our gift. **Tickets are**

going fast, get yours today! [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](#) »

Was that an Earthquake?



In Virginia, we are used to temperamental weather - warm weather in the winter, cool days in the spring, but a week that brought both an earthquake and a hurricane shook the sense of security for many of us...A breast cancer diagnosis is very similar to these extreme weather conditions we've all just experienced. Komen is a valuable resource for your breast cancer treatment preparedness, whether you are the patient or a co-survivor. [Learn more](#) »

Volunteer with Komen

Do YOU want to take action and let others know the importance of breast health?

Attend one of the Komen Educator Volunteer Training sessions below to learn about being a volunteer breast health advocate!

Komen Educator Training

Tuesday, September 13
Komen Office
5:30 p.m. - 7:00 p.m.
Space is limited, so please [click here to register](#).

Komen Educator Training

Friday, September 16
Komen Office
12:00 p.m. - 1:30 p.m.
Space is limited, so please [click here to register](#).

Komen Educator Training

Saturday, September 17
Komen Office
10:00 a.m. - 11:30 a.m.
Space is limited, so please [click here to register](#).

Already been to training?

There are several events coming up that we need volunteers for! Please [click here to volunteer NOW!](#)

September Events

LINC Presents **WOMEN: The**

Grantee Spotlight: LINC



LINC (Legal Information Network for Cancer) is a nonprofit organization that connects cancer patients and their families to the services they need. They are uniquely positioned to provide education, case management, financial and legal counseling, and help with navigating the system of care. LINC is using its Komen grant funds to create new materials specific for breast cancer patients and those serving and caring for them. [Learn more »](#)

Volunteer Spotlight: Lynn Jordan

Lynn Jordan has served as the Treasurer of the Komen Central Virginia Board of Directors since March of 2008. As Treasurer, she leads the Board and the Finance committee in ensuring we meet financial requirements, creates the budget and makes financial decisions as needed. Her role is a vital part of making sure Komen Central Virginia is able to achieve its vision of a world without breast cancer and we would not be where we are today without her guidance and dedication.

Lynn says, "Komen has broken the barrier to discussing breast health in public which really makes a difference in people's lives. I have friends who are survivors because they found their cancers in the early stages, and Komen brings survivorship to so many women who might not otherwise have the means for early detection."

Komen Central Virginia would like to thank Lynn for working hard behind the scenes to keep our organization moving towards finding a cure for breast cancer!



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

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

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**susan g. komen
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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»](#)