

September is almost here!

Are you ready to Raise Awareness??

This year, we're telling women...



CO colorado ovarian
CA cancer alliance

Maybe it's abdominal symptoms like bloating, abdominal pain, feeling full when eating a meal, or urinary urgency.

OR

Maybe it's that gut feeling that something just isn't right.

Help us encourage women to report persistent symptoms to their doctors and ask for a CA125 blood test, transvaginal ultrasound and pelvic/rectal exam.

What you can do to help!

- **Social Media and E-Mail** - Share awareness messages by e-mail and via Facebook and Twitter throughout the month. Click [HERE](#) to see sample messages you can share!
- **Yard Signs and Tree Ribbons** - You can pick up teal yard signs and tree ribbons at the COCA office Monday through Friday from 9 am to 5 pm. 1777 S. Bellaire Street, Suite 170, Denver.
- **Share Symptom Cards** with restaurant servers, Starbucks Baristas, grocery clerks, etc. We have a supply here at the COCA office!
- **Posters** - We have small posters with tear off symptom cards - perfect for putting on community bulletin boards, at work or school.
- **At Work** - Set up an ovarian cancer awareness center at your desk or cubicle with symptom cards, brochures, and wristbands. We've got everything you need.
- **At church** - Put a notice about ovarian cancer awareness in the church bulletin or put a poster up on the bulletin board.
- **At school** - Place a symptom card in every teacher's in box or a poster in the teacher's lounge.

We have LOTS of ideas for you on our website. [CHECK IT OUT!](#)

What other ideas do YOU have?

COCA on Facebook

Wear Teal!

National Wear Teal Day is officially **Friday, September 1st.**

Wear your teal with pride and tell people why you do it! (And have a pocket full of symptom cards to hand out while you're at it!)



Teal Thursday, Sept 7th

Every year COCA sends media kits to TV personalities, asking them to wear teal on air and help us raise awareness of ovarian cancer symptoms.

This year, we're asking them to wear teal on **Thursday, September 7th.** (No competing Bronco game, CU/CSU game or College Colors Day!)

If you are "friends" with any TV personalities on Facebook or Twitter and you see they are wearing teal, let them know you noticed and give them a big THANK YOU!

This year we're giving female anchors teal jewelry from **Kendra Scott Jewelry in Cherry Creek.** The men will receive teal ties and socks. EVERYONE gets loads of information about ovarian cancer!



Denver's Civic Center

Be sure to make a special trip to downtown Denver between **September 24 and 30** when the Civic Center will turn **TEAL!**

The lights go on at dusk and turn off at 11 pm.

What a great selfie opportunity and a wonderful way to close out ovarian cancer awareness

month!



Car Show

Saturday, September 9th

10 am to 3 pm

Red Rocks Cancer Center

400 Indiana Street, Golden, CO



Admission is FREE!

Drawings, contests, cars, food and fun!

Don't miss out on the fantastic **Oak Pit BBQ** provided by the Auten Boys from California.

You can pre-order your BBQ tickets by reaching out to Maggi@Colo-OvarianCancer.org.



Learn more on our [website](#).



Bring your family and friends out to the second **HIKE FOR HER** event to raise awareness of ovarian cancer.

Sunday, September 17, 2017

Check in begins at **8:30 am**

Hike begins at **9:00 am**

NCAR Table Mesa Trail

Parking available in the NCAR parking lot
1850 Table Mesa Dr, Boulder

HIKE FOR HER Information and Registration

Be Ovary Aware!

Join the Sue DiNapoli Ovarian Cancer Society (SDOCS) for the **9th Annual Be Ovary Aware** 5k Run 3K Walk in Colorado Springs.

Every woman deserves her best chance at survival regardless of her economic situation. SDOCS "Sue's Gift" financial aid program helps local gynecological cancer patients pay medical and household expenses.

Sunday, September 17, 2017

America The Beautiful Park
in Colorado Springs
5K Run begins at 8:30 am

[REGISTER NOW!](#)



Footsteps of Hope

Founded in 2004 by the daughter of an over 40 year ovarian cancer survivor, Footsteps to Hope is a Northern Colorado non-profit organization that provides resources and support to women diagnosed with breast cancer or female reproductive cancers

Saturday, September 23rd at 9:00 am

Race Day Registration begins at 7:45 - 8:45 am
Awards/Silent Auction Closes @ 10:30 am

Boardwalk Park, 100 N. 5th Street, Windsor, CO

Click [HERE](#) to learn more!



September 23rd, 2017
At Boardwalk Park, Windsor, CO.

BILLBOARDS!

Once again, this September **Mile High Outdoor** billboards will be shouting messages about ovarian cancer symptoms in Denver, Colorado Springs, and Grand Junction!

We are so grateful to Mile High Outdoor for donating this digital billboard space valued at thousands of dollars! Look for billboards in these locations:

- Colorado Springs - I-25, 1.7 miles south of County Line (facing south)

- Denver - I-270 and I-76 (one facing west and one facing east)
- Denver - I-25 and 104th Ave (facing south)
- Colorado Springs - I-25 and Monument Exit (facing north)
- Grand Junction - I-70 and Main (facing east)
- Grand Junction - 5th St and Highway 50 (facing south)
- Grand Junction - Redlands Highway near Highway 6 and 50 (facing east)



**Abdominal
Pain?**

*Know the Symptoms.
Get Info & Support.*

colo-ovariancancer.org

Kendra Scott Party

You KNOW you need some new teal bling for the upcoming Gala on November 1st. Here's your chance!

Join us on **Wednesday, September 27th** from **5:00 pm to 7:00 pm** at **Kendra Scott in Cherry Creek** (175 Filmore, Denver) **AND Kendra Scott in Park Meadows** for two special give back events.

COCA receives a percentage from every sale! And YOU get to create some fabulous jewelry...like this teal and pearl bracelet.

Please join us for an evening of fun, fashion and fundraising. And wine. There will be wine.

*Kendra
gives back*

JOIN US *for* KENDRA GIVES BACK PARTY
enjoy sips, sweets and jewels
WEDNESDAY, SEPTEMBER 27TH | 5PM-7PM

KENDRA SCOTT AT CHERRY CREEK NORTH & PARK
MEADOWS MALL

20% of the proceeds benefit Colorado Ovarian Cancer Alliance



STAY CONNECTED

