30 DAY **CHALLENGE** **30 DAY**

Looking for a way to raise awareness and support lung cancer patients during Lung Cancer Awareness month? Has your own self care gone by the wayside in 2020?

JOIN THE GO2 FOUNDATION 30-DAY HOPE AND WELLNESS CHALLENGE!

During a time when it's easy to become overwhelmed and feel as if we can't Do anything to help the larger community, please know that is not the case! The GO2 Foundation for Lung Cancer is committed to continuing to support our lung cancer community throughout November and beyond- Join us!

HOW IT WORKS

The 30-Day Challenge provides thirty days of activities focused on doing something for yourself, your family and/or your community.

Each activity includes options at a beginner through advanced level so you can find what works best for you.

With your event registration (either for a previous 2020 event or through our 30 Day event), you receive an online fundraising page and access to the 30-Day Challenge Kit which includes:

- 30-Day Challenge calendar for November
- Activity tips and ideas
- Suggested messages to share via social media, email or text
- Access to our Facebook group with other supporters

Challenge yourself and your family to keep moving, stay active and emerge from this time at home stronger in mind and body, and proud of how you have raised awareness during Lung Cancer Awareness Month (LCAM)!

GO2 FOUNDATION FOR LUNG CANCER
Empower Everyone. Ignore No One.

Illustrations by
by Kakigori
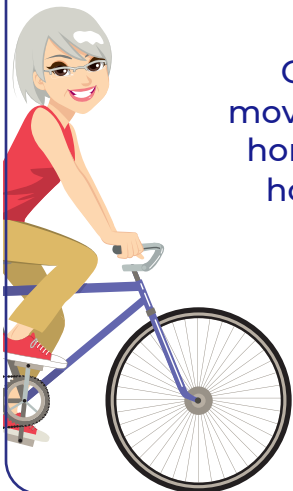
Getting Started

- **Register for FREE and Download** the 30-Day Challenge Calendar and accompanying resources from the 30 Day Challenge website http://secure.go2foundation.org/30daychallenge or email us at events@go2foundation.org
- **Print** out the November 2020 calendar
- **Get started!**

Tips

- **Challenge yourself -** Try the 'Medium' or 'Advanced' options as you get further into the month

- **Challenge others to join you!** Send your friends and family a calendar in exchange for a donation or challenge them to start their own fundraising page and see who can raise the most!

- **Share your progress** – post on social media using the hashtags **#LCAM #30daygo2challenge** and **#beatlungcancer** and tag us **@go2foundation**

- **Earn branded swag** – post 5 times or more to social media during the 30-day challenge and earn a GO2-branded gift!

Thank you for your support of the GO2 Foundation for Lung Cancer. Together, we WILL change the future for all those affected by lung cancer.

Questions?
Contact us at events@go2foundation.org

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