



NYC Lifestyle

Breast Cancer Awareness Month

October is Breast Cancer Awareness Month and there are plenty of ways to get involved, fundraise, participate in community events, support loved ones, and raise awareness. Some upcoming events include fundraisers for screenings, assembling HOPE Kits, and fitness events.

RISE Program

Consider making a donation to the [National Breast Cancer Foundation's RISE](#) program, Rally In Screening Everyone, which ensures access to screenings and support. This October, you can specify whether your donations go towards screenings, education, or emotional support.

Behind the Breakthroughs

The [Breast Cancer Research Foundation](#) funds cancer research through donations and is staffed with a scientific advisory board overseeing proposals and progress. BCRF's new video collection [Behind the Breakthroughs](#) is an informative series in which scientists discuss topics including research and treatment.

Making Strides Against Breast Cancer

American Cancer Society's annual [Making Strides Against Breast Cancer](#) walk/run in Central Park, the nation's largest and most impactful breast cancer movement, returns October 16. Donations can be made to support the event, a participating team, or an individual participant.

Sisters Supporting Sisters Walk

[Bringing the Peace](#) is a local community wellness organization founded by Ms. Linda Kemp, focused on health disparities among women of color. Their [Sisters Supporting Sisters Breast Cancer Walk](#) is on October 8 at 10 a.m. in Crotona Park in The Bronx. Register for the event [here](#).



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The Tutu Project

[The Tutu Project](#) raises funds for women, men, and their families to ease the financial burdens that come with breast cancer diagnoses. Their annual fundraiser, [Dare2Tutu](#), runs from September to November. Participants are encouraged to wear a tutu and raise donations to support the cause.

Team TPA NYC Marathon

[The Pink Agenda](#) is an official charity partner of this year's [TCS New York City Marathon](#). To date, their runners have raised over \$1.1 million for breast cancer research, care, and awareness. Consider supporting Team TPA's efforts to find a cure. Signed up for the marathon? Find information [here](#) about joining Team TPA.

Fit and Fabulous in Pink

NYC Parks will host [Fit and Fabulous in Pink!](#) at the Chelsea Recreation Center on October 8. The fitness event will take place in three waves, beginning with a body toning class, followed by a Zumba class, and finally, a body toning and cool down session. Banners, signs, and ribbons are encouraged!

Hope Kits

The [National Breast Cancer Foundation](#) gifts HOPE Kits to patients undergoing various types of treatment. The kits are designed to provide comfort and encouragement, with products like fuzzy socks, cosmetics, journals, and more. Request a kit for you or a loved one, volunteer to prepare kits, or consider donating [here](#).