



## **JUST 10 WAYS TO MAKE A DIFFERENCE**

- 10. Respond to The Thomara Latimer Cancer Foundation's programs & activities.**
- 9. Familiarize yourself with the 14 simple things you can do to reduce your risk of cancer.  
See website, [www.thomlatimercares.org](http://www.thomlatimercares.org)**
- 8. Replace poor eating habits with healthy, immune building habits.**
- 7. Plant seeds of hope for quality cancer care for the underserved via TLCF.**
- 6. Plan, promise & practice random acts of kindness regularly giving help & hope.**
- 5. E-mail family, friends, & colleagues about the FriendRaiser Campaign.**
- 4. Help, Hope, & Scholarship Gala FriendRaiser:**
  - a. Showcase your family, church, school, business, or other group at the March event.  
Pay tribute or memorialize a loved one.**
  - b. Create a center piece or place a picture to identify your showcase or memorial.**
  - c. Sign up to reserve a table of 10 for your special group. Each will be recognized from the podium by the Mistress of Master of Ceremony. Each group must have 10 guests.**
- 3. Ask 'JUST 10' friends and/or family members to become FriendRaiser partners.**
- 2. Sign yourself up to become a FriendRaiser.**
- 1. Learn about the 'JUST 10' FriendRaiser campaign on the TLCF webpage.**

