



October 2009 Breast Cancer Awareness Month Events and Activities

NATIONAL PROGRAMS

Passionately Pink for the Cure

Throughout the Entire Month of October!!

Are you inspired to save a life? **Wear pink, raise funds, and help fight breast cancer!** Pink any day in October, get a group together, make a \$5 or more personal contribution to the Komen Foundation and wear pink to share the promise of finding a cure.

Register at: www.PassionatelyPink.org

Yoplait Yogurt - Save Lids to Save Lives

Now until December 31st 2009

Yoplait® will donate 10 cents to Susan G. Komen for the Cure®, up to \$1.5 million for every PINK lid turned in. So grab your friends, coworkers, yoga class or neighbors and start buying, collecting and sending in your PINK Yoplait lids!

For more information visit: www.yoplait.com/sls

Vote 2010 Race Shirt

October 1st - November 8th

For the first time in Susan G. Komen Race for the Cure Series History we are asking YOU to choose the T-shirt for more than 1.5 million participants will be wearing in our 2010-2011 Komen Race for the Cure Series. Make a \$5 minimum donation to cast your vote. The T-shirt that raises the most money will win. Spread the word and vote for your favorite T-shirt! Our Southern Arizona Affiliate will receive 75% of

To VOTE for your favorite shirt visit: www.Komen.org/Raceshirt

Wacoal - Fit for the Cure

October 8, 2009 10am - 8pm

Dillard's at Yuma Palms Mall, Yuma

October 21, 2009 11am - 4pm

Dillard's at Tucson Mall, Oracle & Wetmore, Tucson

October 22, 2009 11am - 4pm

Dillard's at Park Place Mall, E. Broadway, Tucson

October 31, 2009 10am - 8pm

Dillard's at Sierra Vista

Help KNOCKOUT breast cancer at a Fi(gh)t for the Cure event. Receive a complimentary fitting in a Wacoal bra from a Wacoal fit specialist. For every fitting and/or Wacoal bra purchase \$2 will be donated to Komen.

For more information contact the store location listed above.

LOCAL SOUTHERN ARIZONA PROGRAMS

Philanthropy with Flavor

October 1 - 31

Pastiche - 3025 N. Campbell, Tucson

For the month of October Pastiche guest will be asked to select a charity to which 5% of their bill will be donated. Please be sure to check the box for: The Southern Arizona Affiliate of Susan G. Komen for the Cure.

The Melting Pot's Anniversary 4 Course Meal

October 1 - 31

The Melting Pot - 7395 N. La Cholla Blvd, Tucson

Come celebrate The Melting Pot's 6th Anniversary! Enjoy a four course meal and/or pink drink during the month of October. A portion of guest's fees will go to Komen SAZ.

Rex Allen Days

October 3 8am - 8pm

A community festival including a carnival, exhibitors, live entertainment, car show, turtle race and health care booths, food and festivities.

Keiler Park, N. Bisbee Avenue, Wilcox AZ

For more information visit: www.RexAllenDays.org

Well Women Healthcheck Clinic

October 6th and 7th 8am - 5pm

214 W. Main Street, Somerton AZ

October 23 8am - 5pm

11530 Old Nogales Highway, Sahuarita AZ

Mammograms and Cervical Cancer Screenings

For more information visit: www.refbh.org

Bi-National Health Fair

October 6 9am - 2pm

A health fair including a booth with information about breast health and breast cancer at Karam Park, Morley Avenue near the Border, Nogales AZ

Quarter Mile for a Cure

October 9 Gates open at 4pm with eliminations starting at 7:30pm

Presented by the Southern Arizona Mustang Club

Drag racing to raise money and awareness for breast cancer research and education at Southwest International Raceway. For more ticket information call (520) 797-3530 or visit: www.southernarizonamustangclub.org/events

Dig for the Cure

October 9 7pm

University of Arizona Women's Volleyball Breast Cancer Awareness Night

Volleyball match to raise awareness about breast cancer and to honor breast cancer survivors to be held at McKale Center - 1 Championship Drive, Tucson

Pride in the Desert

October 10 10am - 8pm

All day LGBT festival with non-profit and commercial exhibitors, food court and entertainment held at Reid Park - 100 S. Randolph Way.

For more information visit: www.TucsonPride.org

VIDA: 4th Annual Mujer Latina Breast Cancer Conference

October 10 8am - 1pm

El Pueblo Community Center 101 W. Irvington, Tucson

Collaborative bi-lingual educational program for survivors and entire community between UA Arizona Cancer Center and Well Woman Health Check Program and sponsored by a grant from Komen SAZ.

For more information email: avalencia@azoc.arizona.edu

5th Annual Jazzercise "Believe" Breast Cancer Awareness Event

October 11 2pm - 4pm

Jazzercise - 504 E. Ft Lowell, Tucson

Come exercise and dance to help support breast cancer awareness.

Only \$10 for the class and additional donations are welcome!

Contact [Mary](#) at (520) 743-3713 for more information

Arizona Soccer Pink Out

October 16 6 pm

Arizona soccer game to promote breast cancer awareness at Murphy Field - 15th Street and Plummer, Tucson

Yuma County 12th Annual Pink Tea "Life in in/La Vida en Rosa"

October 18 2pm - 4pm

Public education for community and a celebration of life for breast cancer survivors!

Cocopah Resort and Conference Center located at: 15268 S. Ave B, Somerton AZ

For more information visit: www.refbh.org

Trail Ride for a Cure

October 24 7am (Ride Starts) - 2pm

11530 Old Nogales Highway, Sahuarita

Lasso up and come for an 8 mile trail ride on horseback, followed by a lunch. Live music, dancing horses and breast cancer information will be available.

For more information contact [Frankie](#) at (520) 406-6413

Hope Fest

October 24 9am - 3pm

Festival of FREE services including: dental care, medical care, groceries, haircuts, clothing, and hygiene items at Tucson Electric Park.

For more information visit: www.AzHopNet.org

Girls Night Out Shopping Extravaganza

October 29 2pm - 9pm

Shop Til' You Drop! Grab your mothers, daughters and girlfriends and head to Lowe's Ventana Canyon Resort for an afternoon and evening of fun, beauty and

fashion. Vendors will include local boutiques, spas, cosmetic companies, jewelers and much more. Visit: www.GirlsNightOutAZ.com/tucsonfall for tickets and information.