

**SCHOOL IS BACK IN SESSION—REMEMBER TO SCHEDULE YOUR SCHOOL BREAST HEALTH PROGRAMS AND OCTOBER BREAST CANCER AWARENESS SCHOOL FUNDRAISERS!**

SINCE 1996,  
WE'VE EDUCATED  
300,638  
PEOPLE

# Maurer News

FALL 2016

## Our Favorite Ways To Celebrate Breast Cancer Awareness Month This October

Breast Cancer Awareness Month is in October, and was started in 1985 by the American Cancer Society and Imperial Chemical Industries. The initial purpose of the month was to promote mammograms as the first line of defense against breast cancer. It has since become an international event supporting breast cancer awareness, research, support services, cures and education.

Wondering how you can get involved? Here are some of our favorite ways that you can take action and make a difference in your community, in your life and in the lives of the ones you love.

- Make an appointment for a mammogram if you are over 40
- Do your monthly breast self-exam
- Set up a reminder system for your monthly breast self-exam and yearly mammogram (or use our free Alarm Clock)
- Quit smoking
- Talk to your kids, siblings, parents and grandparents about your family's cancer history
- Start an exercise program
- Schedule a clinical breast exam with your primary care doctor or gynecologist
- Pack your kids a healthy lunch (or teach them how to pack their own!)
- Eat an extra serving of fruits or vegetables at every meal
- Talk to your sister, best friend, or mom about getting her mammogram (or go together!)
- Raise money for the Maurer Foundation by doing a Cookies For A Cause fundraiser
- Start a garden, for the exercise and fresh organic veggies
- Reduce your alcohol intake
- Ask a teacher at your local high school to host our free breast health workshop in their class
- Sign up for an exercise class
- If you are overweight, start a new healthy eating plan, reduce portions and lose weight
- Talk to your kids about breast cancer risk factors like smoking and alcohol
- Start a corporate wellness program at your workplace
- Start a daily family walk tradition

If your school, business, or group would like to help us in supporting breast cancer awareness and education by hosting a Maurer Foundation fundraising event, please contact us. We'd love to hear your ideas!

➤ To host a fundraiser, visit us online at <http://bit.ly/1W3C7Hb>

*RIGHT: Last year, the cheer team at Father Lopez Catholic High School in Daytona Beach, FL ran a Cookies For A Cause fundraiser. They sold the Maurer Foundation cookies, raising funds and awareness for breast health education.*



## Team Maurer Walks 13.1 Miles at LI2Day



The Maurer Foundation was proud to once again partner with the LI2Day Walk to end breast cancer on June 11th, 2016. Walkers, volunteers, supporters, and breast cancer survivors converged on Smith

Point Park in Shirley to participate in a day celebrating those who have battled breast cancer or currently fighting the disease, and all of those working for a cure or providing education to reduce the cases of breast cancer. All of the proceeds raised by LI2 Day stay here on Long Island and we are proud to be one of the walk's recipients.

👉 To read more, visit us online at <http://bit.ly/295634U>

## Ohio Resident Certified As Breast Health Educator

Erica Clark, Founder and President of No More Pain, LLC traveled from Dayton, Ohio to become our latest certified Breast Health Educator through our Training & Certification Program. Over the course of two days, Erica learned about breast anatomy, development, risk factors and early detection techniques, including the MammaCare method of breast self-exam. Erica hopes to bring her new knowledge back home and encourage women to take charge of their own breast health.

👉 To learn more, visit us at <http://bit.ly/2bDpkpX>

✉ **WE'VE MOVED! PLEASE  
NOTE OUR NEW MAILING  
ADDRESS IN MELVILLE.  
OUR PHONE NUMBER  
REMAINS THE SAME.**



**PLEASE DONATE!** Be a champion for breast health education. Our school and community breast health education programs rely on the support of generous donors like you. To donate online visit us at 👉 <http://bit.ly/maurerdonate>

## Our Annual Pink Diamond Gala Is Almost Here!

Our Pink Diamond Gala Kick-Off event on August 3rd was amazing! The weather was perfect, guests were enthusiastic, and our honoree John Schmitt was doing what he does best—captivating people with his family's touching breast cancer story and his deep admiration for our founder Dr. Maurer. What a great preview of our Oct. 6th gala honoring Marty Lyons & John Schmitt, featuring live music, dancing, cocktails, fabulous food and more.



👉 To RSVP for the Pink Diamond Gala, visit us online at <http://bit.ly/pdg2016>

## Request Your School Programs Now

Our trained and certified educators present a free 40-minute program in classrooms throughout the NY-metro area, promoting the role of lifestyle changes in reducing the risk of breast cancer. Students also have the unique opportunity to practice breast self-exams on silicone breast models.



👉 To request a program, visit us online at <http://bit.ly/mfprogram>

# Motorcyclists Ride To Fight Breast Cancer At Third Annual Maurer Foundation Motorcycle Ride

SPONSORED BY UTOPIA HOME CARE IN PARTNERSHIP WITH EAST END RIDERS



And they're off! More than 45 motorcyclists joined us for our 3rd Annual Motorcycle Ride on Saturday, August 27, 2016. With beautiful, sunny, breezy weather, we toured almost 100 miles of Long Island, spanning from Oceanside to Billy's By The Bay restaurant in Greenport, NY. Special thanks to all of those who participated in this unique event, sponsored by our friends at Utopia Home Care, Inc., and in partnership with the East End Riders! 🐾 To read more, visit us online at <http://bit.ly/2ceEB4C>

## Thank You to Our Generous Funders

**THE ANTUN FOUNDATION** gave a generous grant of \$10,000 to help support our programs, enabling us to reach more schools and community groups with our life-saving message of early detection and healthy lifestyles.

**SENATOR MARCELLINO** helped pass a New York State legislative grant which provided \$25,000 in funds towards Maurer Foundation breast health programs.

🐾 To make a donation, visit us online at <http://bit.ly/maurerdonate>

## Foundation Volunteers Needed

Would you like to support our mission of saving lives? The Maurer Foundation needs volunteers to: lend a helping hand in our corporate office in Melville; provide additional support during our special events; and attend health fairs in your local community to spread our life-saving message to your neighbors.

🐾 To learn more about volunteer opportunities, email Lauren at [lfisch@maurerfoundation.org](mailto:lfisch@maurerfoundation.org)

**THE MAURER FOUNDATION YOUNG PROFESSIONALS COMMITTEE WILL HOST COCKTAILS FOR A CAUSE ON 9/14 AT 6:30 PM. RSVP ONLINE AT <http://bit.ly/maurerdrinks>**





MAURER FOUNDATION  
breast health education

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## HELP US STOP BREAST CANCER BEFORE IT STARTS...



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breast health education

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