



Cancer Recovery Program | Programme de rétablissement à la suite d'un cancer

## **Stay Strong Cancer Recovery Program – Ask 10 for 10 Campaign**

Each year the Oncology Program, Saint John Regional Hospital sees 2,200 newly diagnosed cancer patients. The Stay Strong Program was initiated through the Breast Health Program in 2014 as a pilot program for breast cancer survivors. Due to its success the Stay Strong Program has become a cancer recovery program for all cancer patients. In this past year 97 cancer survivors have participated in the Stay Strong Program.

This Program, offered at the YMCA of greater Saint John, provides the extra physical and psychosocial recovery from cancer in a place of wellness. We see this as the recovery and healing of not only the cancer survivor but the family as a whole.

To date we have seen an improved sense of well-being from our Stay Strong participants and are hopeful with committed funding we can continue the Stay Strong Program within our community. We need your help! ([see full Stay Strong Cancer Recovery Program details here](#))

The Stay Strong Program is beginning our **Ask 10 for 10 Campaign**. Today we are asking you for a \$10 dollar donation and in turn you will ask 10 of your friends, family, and coworkers to also donate \$10. Each donor will then ask 10 more people to each donate \$10. This will build a community of donors all supporting cancer recovery. Your support will mean the continuation of this cancer recovery program for all cancer survivors.

Please follow the link to donate - please share the link with your 10 donors.

[www.sjrhf.ca/ask10for10](http://www.sjrhf.ca/ask10for10)

You may also wish to refer to the donor package for print outs of the full support request letter and program informational brochure, quick **Ask 10 for 10** cards, and a donation form to keep this campaign going!

[www.sjrhf.ca/ask10for10](http://www.sjrhf.ca/ask10for10)

**The campaign will run from August 4<sup>th</sup> to September 22<sup>nd</sup>.**

**Cash donations should be delivered directly to one of the following contacts:**

Kari Graham, Oncology Department, the Saint John Regional Hospital – 648-6552

Kathy Woodhouse, Stay Strong, Registered Nurse, Saint Joseph's Hospital – 632 5620

Gina Spear-Burrows, Stay Strong, Registered Nurse, YMCA - 632-5446

Saint John Regional Hospital Foundation, Saint John Regional Hospital – 648-6400

Thank you for your support of the Stay Strong Cancer Recovery Program and our **Ask 10 for 10 Campaign**. Together we can!