

## Living Beauty Day of Action



Almost all of us know a woman with cancer and we know the impact that cancer has on the lives of the people that we love. Leading up to Giving Tuesday, we would like to invite you to participate in a Day of Action to support a woman with cancer in your life!

**Although Giving Tuesday is about donating to your favorite nonprofit in support of their mission, we would like to share with you other ways that you can contribute to our mission to uplift women with cancer as well! Below are some ideas for ways you participate in our Day of Action!**

- *If you have a woman in your life who is just starting her cancer journey, you can request that they be sent a free Wellness Kit from Living Beauty filled with lots of goodies to help her during treatment such as a cozy blanket, skincare products, a hat or scarf, and more! Email [info@livingbeauty.org](mailto:info@livingbeauty.org) to make a*

request.

- *You can make a meal for a woman with cancer and drop it off to her and her family! Giving her an evening off from having to cook will allow her to have some valuable time for herself, especially during this busy holiday season!*
- *Hold space for a woman with cancer by giving her a call to talk about anything she would like! Whether she wants to vent about having a tough time or laugh about a funny story, lending her an ear will make her feel special and remind her that she is supported!*

The Foundation for Living Beauty works to create a community of support for women on their cancer journey and we would love to see that community spread beyond our organization! If you participate in our Day of Action, please share with us how you supported a woman with cancer this Giving Tuesday by tagging us on social media or emailing us at [info@livingbeauty.org](mailto:info@livingbeauty.org)!

***For ways to support The Foundation for Living Beauty, [click here.](#)***





THE FOUNDATION FOR  
**LIVING BEAUTY**

*Educating, uplifting, and empowering women with  
cancer.*

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