

Walk. Run. Support.

BRIGHT RUN.ca



Thank you for supporting breast cancer research at the JCC.

BRIGHT RUN 2017 - September 9, 2017.

December 7, 2016

May your days be merry and BRIGHT!

The air is frosty and there's a snow sky out there. And the mall parking lot is pretty packed. It's the time of year when lists are more important than ever, so make sure the BRIGHT RUN is on your list!

BRIGHT RUN is not just a September kind of thing. Volunteers work year round to make the big event happen. So do many participants; already, 25 teams have registered for our 10th anniversary event, BRIGHT RUN 2017. Go to www.brightrun.ca and get your team going!

This month, we have some helpful hints for contributing to BRIGHT RUN 2017, from filling your belly with some delicious chicken from [Charred](#), to making a difference to the lives of breast cancer patients by donating to the BRIGHT RUN.

As we head toward BRIGHT RUN 2017, we're taking a monthly walk down Memory Lane with profiles of our survivor spokespeople, those who have shared their breast cancer stories with event participants each year. This month, read about Maria Klokou, the Niagara Falls artist, teacher, entrepreneur and community volunteer who spoke at the second BRIGHT RUN.

As well, meet breast cancer survivors who turned their cancer experiences into literature, providing valuable resources for others just starting that experience.

Most of all, we wish you the happiest of holiday seasons and we look forward to an even BRIGHTer New Year!

Register Now



Maria's zest for art – and life

After being diagnosed with breast cancer in 2000, Niagara Falls gallery owner, artist and teacher Maria Klokou's already strong passion for life increased immeasurably.

Throwing herself into finding ways to help fight the disease, Maria created a pink poppy painting and donated it to the Life After Breast

Cancer Conference to use as its logo. Her creativity extended beyond her canvasses to find new and innovative ways to raise money through her art, all aimed at finding a cure.

Maria was the survivor spokesperson at the second BRIGHT RUN in 2009, inspiring participants to hit the trail with enthusiasm and joy.



[Read more of Maria's story](#)



Writing through cancer

Writing through your cancer isn't simply a make-work project. There are studies that indicate emotional or expressive writing can benefit our health in a range of ways. Whether it's keeping a journal or writing letters, the act of writing can change how we feel about our lives.

And for some breast cancer patients and survivors, writing about their experiences helps both themselves and others.

Joanne Stacey's *Approaching Sunrise*, for example, is both a memoir and a detailed road map through the Burlington social worker's cancer experience.

Joanne was diagnosed with breast cancer on her 49th birthday. The stage three cancer had spread to her lymph nodes. In consultation with her surgeon, Joanne had a mastectomy, followed by radiation and chemotherapy at the Juravinski Cancer Centre.



[Read more about Joanne and Rita](#)



Charred Chicken

Reminder: Charred chicken = BRIGHT RUN donation

You still have a couple of weeks to chow down on some excellent chicken and helping out the BRIGHT RUN.

Charred Rotisserie House at 244 James Street North has partnered with the BRIGHT RUN in a fundraising promotion that speaks to the foodie in all of us. The promotion wraps up Dec. 15.



\$2 will be donated in support of BRIGHT RUN for every order of *Whole chicken with three sides*

Nov 15 to Dec 15

Supporting breast cancer research

Charred

244 James St N
289-396-0662
www.charred.ca
Eat-in, pick up and delivery

BRIGHT RUN

Juravinski Cancer Centre

[Read More about Charred](#)



Make your gift-giving merry and BRIGHT!

If making a difference is on your wish list this holiday season, consider making a donation to breast cancer research in the Hamilton community.

A donation to the BRIGHT RUN contributes to important and innovative research that will make a difference in the lives of the one in nine Canadian women who will be diagnosed with breast cancer in their lifetime.

One hundred per cent of your donation will be used for research, right here right now.

Ask family members and friends if they want to make a difference too.

[Click here to donate](#)



A Word About Our Sponsors

The BRIGHT RUN doesn't magically appear. It takes a lot of work by our team of volunteers and we depend on our wonderful sponsors to pay the freight. That's why all the money you raise goes directly to breast cancer research. We couldn't do it without our sponsors.



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