

# Ending Cervical Cancer is *within* Our Reach

**cervivor**  
informed. empowered. alive.

## January 2021 Cervical Cancer Awareness Month Schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27	28	29	30	31	1 Happy New Year!	2 CCAM Kick Off: A Virtual Event
3 Self-Care Sunday	4 Medical Team Monday	5 Teal & White Tuesday	6 Wellness Wednesday	7 Throwback Thursday	8 Fact Friday	9 Living Life Through Art Sexy Saturday
10 Make Your Survivorship Count: Powered by Cervivor School	11 Medical Team Monday #CervivorSpiritWeek	12 Tribute Tuesday Teal & White Tuesday #CervivorSpiritWeek	13 Wellness Wednesday You're Not Alone: Creating Connections #CervivorSpiritWeek	14 Let's Talk About It Thursday #CervivorSpiritWeek	15 Fact Friday #CervivorSpiritWeek	16 Social Saturday
17 Living Life Through Art Survival Sunday	18 Medical Team Monday	19 Teal & White Tuesday	20 Wellness Wednesday	21 Throwback Thursday Cocktails & Conversation	22 Fact Friday	23 Sexy Saturday
24 Coffee Talk Virtual Pap Rally & Run Start	25 Medical Team Monday Virtual Pap Rally & Run	26 Teal & White Tuesday Virtual Pap Rally & Run	27 Wellness Wednesday Virtual Pap Rally & Run	28 Let's Talk About It Thursday Virtual Pap Rally & Run	29 Fact Friday Virtual Pap Rally & Run	30 Stirrup Stories Virtual Pap Rally & Run
31 CCAM Wrap Party Virtual Pap Rally & Run Finish	<b>SPIRIT WEEK</b>					
	Monday Graphic Tee Day	Tuesday Teal & White Day	Wednesday Wear Your PJ's Day	Thursday Show Us Your Pet	Friday Get Outside & Strike Your Best Cervi Pose	

### ACTIVITIES

- **Self-Care Sunday:** Tips & challenges to keep your body, mind and spirit happy
- **Sexy Saturdays:** Posts will be on pelvic floor, dilators, sex after cancer, loving your body after cancer, dating after cancer, etc...
- **Medical Team Mondays:** Our medical professionals going live on IG, Twitter, FB; posting Summit sessions
- **Teal & White Tuesdays:** Wear teal & white and post photo using #tealandwhitetuesday
- **Tribute Tuesday:** Remembering those in our community who are no longer here
- **Wellness Wednesdays:** Partner with Survivor Slimdown and host live wellness events
- **Let's Talk About It Thursdays:** Grief & loss, PTSD & cancer, financial burden of cancer, etc...
- **Throwback Thursday:** Share your diagnosis/treatment/surgery stories; the challenges and what gave you moments of joy
- **Fact Fridays:** Share global facts about HPV, other HPV cancers and cervical cancer
- **Survival Sunday:** Our community shares tips on how we survived/surviving cancer

### EVENTS

- **Living Life Through Art:** Transforming our cancer stories into a creative writing workshop and a mixed media collage session
- **Virtual Meet Ups:** Getting know our Cervivor community through Cocktails & Conversation, Creating Connections and Coffee Talk
- **Virtual Pap Rally & Run:** Partner with Survivor Slimdown for a week long virtual 5k run/walk #PapRallyRun #EndCervicalCancer
- **Stirrup Stories:** Sharing our below-the-belt stories from the stirrups
- **That's A Wrap Party:** Celebrate CCAM and how we can continue the momentum to #EndCervicalCancer