

# 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 Pap Rally & Run:** Partner with Survivor Slimdown for a week long virtual 5k run/walk #PapRallyRun #EndCervicalCancer
- **Virtual Meet Ups:** Getting know our Cervivor community through Cocktails & Conversation, Creating Connections and Coffee Talk
- **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