# January 2021 Cervical Cancer Awareness Month Schedule

## SUNDAY
- 27: **Self-Care Sunday**
- 28: **Make Your Survivorship Count: Powered by Cervivor School**
- 29: **Living Life Through Art**
- 30: **Coffee Talk**
- 31: **CCAM Wrap Party**

## MONDAY
- 1: **CCAM Kick Off: A Virtual Event**
- 2: **Medical Team Monday**
- 3: **Teal & White Tuesday**
- 4: **Teal & White Tuesday**
- 5: **Wellness Wednesday**
- 6: **Throwback Thursday**
- 7: **Fact Friday**
- 8: **Living Life Through Art**
- 9: **Sexy Saturday**

## TUESDAY
- 10: **Medical Team Monday**
- 11: **Tribute Tuesday**
- 12: **Wellness Wednesday**
- 13: **Let’s Talk About It Thursday**
- 14: **Fact Friday**
- 15: **Social Saturday**

## WEDNESDAY
- 16: **Medical Team Monday**
- 17: **Teal & White Tuesday**
- 18: **Teal & White Tuesday**
- 19: **Wellness Wednesday**
- 20: **Throwback Thursday**
- 21: **Fact Friday**
- 22: **Sexy Saturday**

## THURSDAY
- 23: **Medical Team Monday**
- 24: **Teal & White Tuesday**
- 25: **Teal & White Tuesday**
- 26: **Wellness Wednesday**
- 27: **Let’s Talk About It Thursday**
- 28: **Fact Friday**
- 29: **Stirrup Stories**

## FRIDAY
- 30: **Virtual Pap Rally & Run**

## SATURDAY
- 1: **Virtual Pap Rally & Run Finish**

## SPIRIT WEEK
- **Monday**
  - **Graphic Tee Day**
- **Tuesday**
  - **Teal & White Day**
- **Wednesday**
  - **Wear Your PJ’s Day**
- **Thursday**
  - **You’re Not Alone: Creating Connections**
- **Friday**
  - **Get Outside & Strike Your Best Cervi Pose**

## ACTIVITIES
- **Self-Care Sunday**: Tips & challenges to keep your body, mind and spirit happy
- **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