



JUST 10 WAYS TO MAKE A DIFFERENCE

- 10. Learn about the 'JUST 10' FriendRaiser' campaign on the TLCF website.**
- 9. Sign up to become a TLCF FriendRaiser today!**
- 8. Familiarize yourself with the NCCS (National Coalition for Cancer Survivorship/Cancer Advocacy) for cancer related issues in Congress.**
- 7. Plant seeds of hope for quality cancer care for the underserved via TLCF.**
- 6. Email family and friends about the FriendRaiser Campaign.**
- 5. Ask 'JUST 10' friends or family members to become FriendRaiser partners with TLCF.**
- 4. Replace poor eating habits with healthy, immune building habits.**
- 3. [Remember the 14 Simple things you can do to reduce your risk of cancer.](#)**
- 2. Recruit new ADVOCATES/FRIENDRAISERS in your area.**
- 1. Respond to Thomara Latimer Cancer Foundations programs and activities.**

