

Hope Blooms newsletter

Together. Strong. Let's Make Cancer History.

YOUR DOLLARS @ WORK



Searching for the early signs of colorectal cancer
 With funding from the Canadian Cancer Society, Dr. Will King is studying the relationship between certain genetic activity and the risk for developing benign growths that can grow into colorectal cancer. [Read more...](#)

PREVENTION TIP OF THE MONTH

A great way to maintain a proper diet is to eat five to 10 servings of vegetables and fruit every day. Your options are almost limitless when choosing vegetables and fruit so mix it up as much as you can. Variety is important for good health.

THIS MONTH'S FEATURES



Congratulations to the winners of our Canada Blooms ticket giveaway!
 We are pleased to announce the ten winners of our Canada Blooms 2009 ticket giveaway. Find out if you're a winner! [Read more...](#)



Nutritious and delicious snack ideas
 March is Nutrition Month. If you're going to be feeding your hungry crew of kids this March Break, here are some healthy and tasty snack ideas that will stop their stomachs from rumbling. [Read more...](#)



Extending a Helping Hand – the Peer Support Program
 When Kim McNally was 15 years old she was diagnosed with thyroid cancer. Twenty-eight years later she is using her cancer experience to help others through the Canadian Cancer Society's Peer Support program. [Read more...](#)



Relay For Life Youth Program
 In 2008, over 25,500 participants at 24 elementary, 60 high school and 8 post-secondary events in Ontario raised over \$2 million for important cancer research, programs and services. Also, there were 986 survivors honoured at the events and 15,000 luminary candles lit in honour and in memory of loved ones. For more information about the Relay For Life Youth Program, [read more...](#)



Getting screened for colorectal cancer can save your life
 March is Colorectal Cancer Awareness Month. If you're 50 or over, getting screened for colorectal cancer could save your life. [Read more...](#)



Celebration of Life Tributes
 When someone close to you is touched by cancer, it's natural to want to honour your loved one and to remember his or her life. At the Canadian Cancer Society, we appreciate how you feel, which is why we created an innovative way to celebrate those who've meant so much to you. [Read more...](#)

SPOTLIGHT ON...

Get ready for Daffodil Days

With the first day of spring just around the corner, the days are getting longer and the cold will soon be a thing of the past. But, the sure sign that it's almost spring, is that we're just four weeks away from *Daffodil Days*. Look for our volunteers selling the bright cheerful blooms from April 2 to 5.



Money raised throughout April helps fight all types of cancer and, thanks to the generous support of donors and the dedication of volunteers, we're making a difference in the fight against cancer. [Read more...](#)

March 2009



Featured recipe:
 Banana apricot bran muffins

[GO TO RECIPE](#)



Questions about cancer?

cis@ontario.cancer.ca
 1 888 939-3333

Smokers' Helpline
 You can quit – we can help.

[QUIT NOW](#)

Featured publication:
 Colorectal cancer: How to reduce your risk

[DOWNLOAD](#)

Connect with us:

