



How do I get involved?

It's easy! You've already started by asking how you can help. We need to share this information with as many people as possible and we want to do that by getting information out about ovarian cancer symptoms to everyone. Our goal is to get 100,000 Elizabeth's Wish Advocates in 2024.

What's my next step?

Bring together people that you know to share information.

Who should I invite?

Invite close friends, book clubs, or other groups you connect with regularly.

What should be our focus?

First it is to connect and establish a community around a common cause. Second, is to educate others and inform them of what to look for by sharing the checklist. Third, is to partner with our healthcare providers and be our own advocates around symptoms for ovarian cancer.

1. Community Connection
 - Place to Share
 - Allies and Ideas
2. Educate and Inform
 - Be An Advocate
 - EW Booth at Community Events
3. Build Medical Momentum
 - Bring the checklist to your next doctor visit
 - Participate in advocacy hospital-led groups

How should I run an advocate gathering?

- Introduce yourselves if there are new people in your group.
 - Start with a quick story of how you met Elizabeth or how you are connected to Elizabeth's Wish. Get personal. Be sure to include this info from Elizabeth's story:

Elizabeth was diagnosed with ovarian cancer in April 2019, after experiencing symptoms for 2 years. Her symptoms were very similar to menopause malaise and therefore were dismissed by several medical professionals.

She died 2 years and 10 months after diagnosis. It was her desire to increase awareness around early detection of OC and Elizabeth's Wish was founded.



She had made many strides, including establishing the 501(c)3 designation for Elizabeth's Wish Foundation just 2 months before she passed.

- Show the Elizabeth's Wish video - download from [website](#)
 - Tablet/laptop is better than a smartphone.
 - Cast to TV is even better!

- Share facts and statistics about ovarian cancer
 - Pass out and discuss the symptoms checklist or display on a screen - view it on this [page](#) on a tablet/laptop or TV projection
 - 80% of Ovarian Cancer is diagnosed at stage 3 or later and a life expectancy of 5 years or less. It has been called the "silent" cancer or "the cancer that whispers". It is the goal of Elizabeth's Wish to prove that wrong through several initiatives.

- Talk about how you can create momentum in your community
 - Talk to your doctor about facts and statistics recently learned
 - What community events are coming up that you can have a booth to share more information on ovarian cancer
 - Is there a "walk" that can be planned in your community?
 - Is there a fundraising activity that your group would like to do in your community?

- Next Steps
 - Capture and share your gathering photos with us and on social media.
 - Follow Elizabeth's Wish on social media - Facebook (Elizabeth's Wish), Instagram (@elizabethswish) and LinkedIn. REPOST AND SHARE. We want to spread the information and educate people about the symptoms. Remember our goal: 100,000 advocates!
 - If you belong to any kind of women's groups, book clubs, knitting circles, religious groups, offer to have a presentation on ovarian cancer and use this as your format.
 - If you'd like, please donate. Use this [link](#) on the website, or you can mail a check to the address on the website. And don't stop there - if your company matches a non-profit donation, it will double your impact! All donors receive a receipt for tax purposes.
 - Want to host a major fundraising event in your area, please reach out to us at info@elizabethswish.org.

THANK YOU FOR BEING AN ELIZABETH'S WISH ADVOCATE!