



As we embrace the changes fall brings ...

We are comforted by our back-to-school routines, pumpkin spice lattes, cozy sweaters and cooking hearty comfort foods for our families to enjoy. September tends to pass as quickly as the leaves change colour - with a blink of the eye.

"New adventures, new memories. New knowledge, every fall. But seeing you again, was the best of them all."

B.K.
 Sweeting

While we welcome the turning of the season, we can't help but reflect back on our spectacular summer. How lucky were we to spend time with the people we love dining on patios, having adventures at the lake, playing outdoor games and barbecuing on hot summer nights?

While the smell of sunscreen and the glow of patio lanterns is fading, the

memory of our first annual **Besties for Breastie's Family Fun Day** will always remain the most memorable highlight from our summer!

Besties for Breastie's Family Fun Day



We are thrilled to announce that our inaugural event was a huge success! The support from our community has warmed our hearts and the funds raised for the Cancer Foundation of Saskatchewan will make a difference in the lives of young women and their families impacted by breast cancer.

We couldn't have asked for better weather! Seeing all of the smiling families having fun and enjoying the activities at the Nutrien Playland at Kinsmen Park perfectly matched our vision of offering a fundraiser accessible to all individuals of all ages.



The best word to describe the evening show at the Shakespeare on the Saskatchewan is ... magical! The entertainment performances from Rory Lawford, The Saskatoon Soaps and Royal Wood combined with the intimate setting and river backdrop truly made it a night to remember!

We want to warmly thank everyone who supported the event through

sponsorship, donations, volunteering and by attending. Stay tuned for a special twist in 2023 and our next Besties for Breastie's fundraising event! For now, we are contentedly saying farewell to the summer and our first fundraiser- as some would say, that's a wrap!



My Cancer Breastie Virtual Peer Group

After completing the Peer Facilitator training with the Canadian Cancer Society, we are excited to launch our fall virtual peer groups starting the first week of October.

Our objective is to create a safe and supportive environment for young women with the shared experience of breast cancer to connect, learn and share. We will be hosting a peer group offer for those who are still in active treatment as well as a separate group focused on after-treatment recovery.

Want to sign up? Contact us at info@mycancerbreastie.com



New Blog Post!

Health is Wealth

WILDFIRE

WORDS BY Marcia Lemon

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MONEY & CANCER

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Even with my resolve, I still made mistakes. While I didn't need to grocery shop with a calculator, I did only buy groceries that were on sole. My girls grew up believing that Christmas lights on the exterior of a

This essay has been republished with permission from Wildfire Magazine, the "Money & Cancer" issue, published originally August 13, 2022. For more information check out wildfirecommunity.org

Marcia published her first essay titled, Health is Wealth, in the August 2022 "Money & Cancer" issue of Wildfire Magazine!

"My relationship with money became increasingly more complicated the older I got. It influenced my decision not to pursue a secondary education, and it also kept me hostage in an unhealthy marriage."

Our Picks for September!

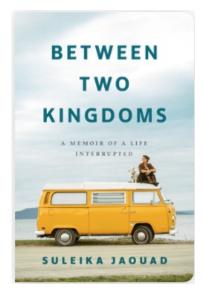


What we're cooking!

Tortilla Soup

This soup is the perfect crock pot companion and one of our go-to meals. It is full of flavour and keeps well for a quick meal before heading out to a fall activity.

We hope you enjoy it as much as we do :) Don't forget to **download the PDF** for your recipe library!



What we're reading!

Between Two Kingdoms

A searing, deeply moving memoir of illness and recovery that traces one young woman's journey from diagnosis to remission and, ultimately, a road trip of healing and self-discovery.



What we can't get enough of!

Ilia Lip Wrap Overnight Treatment

It's a light weight, overnight mask with clean ingredients to reveal your smoothest, softest lips - just in time for crisp fall winds.

Stay tuned for more exciting My Cancer Breastie news in our October newsletter!

Your Cancer Breasties,

