



## Spring has finally sprung!

As the days get longer and warmer, the world is slowly waking up from winter's rest. During our winter hibernation we kept busy building a foundation and setting goals for My Cancer Breastie.

We are thrilled to announce that we are now officially registered as a Not-for-Profit organization and are working to obtain charitable status. While spring is making the world feel new again, we are enjoying the new connections we have made within our Cancer Breastie community.

We are also excited to be releasing our first newsletter and hope that our content inspires you to blossom and embrace the new season!

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## Dear Cancer,



## Meet Angelina

Diagnosed with Stage 1, Grade 3, Hormone Positive, HER2 negative breast cancer at 26.

"Cancer has taken my hair, my independence, my pride, my femininity, I feel like an imposter ... I no longer look like a 26 year old. My days consist of hospital appointments.

I've had to let the old me go, and one thing cancer has shown me? I'm stronger than I ever thought possible."

[Read more from Angelina's Dear Cancer letter](#)

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## To our Caregivers,



### Words from Jen's husband

"When you look back it's definitely a dark time and the toughest in your life but **it will also become a time when you had more purpose than you've ever had before.** You were there to help carry your family through their toughest times."

Shaun F.  
Age 41

## Want to know how to support your loved ones?

Check out our new [To our Caregivers](#) page in our Community Forum!

We have specific information to help you navigate, including tips and resources that will support your entire family. Learn more about the various acts of service your friends and family can assist with when they inevitably ask how they can help.

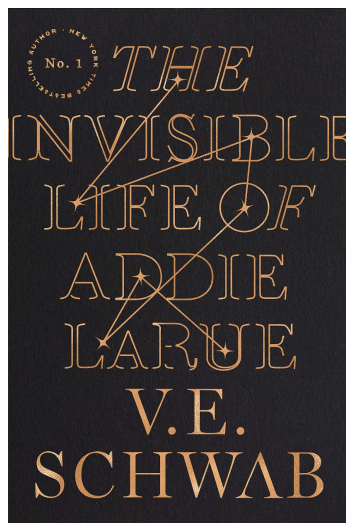




## What we're cooking!

As cult followers of Half Baked Harvest, we have had this newest cookbook on pre-order for months.

We look forward to cooking our way through this newest release and finding some new family favourites!



## What we're reading!

This well-written novel spans several centuries as you follow the unique story of The Invisible Life of Addie LaRue.

We guarantee that you will enjoy this story the same way that your body craves the warm spring sunshine!

## Maintenance Phase



### What we're listening to!

Spring is a great time to re-evaluate and renew your healthy habits. Listen to **Maintenance Phase** if you are interested in "debunking the junk science behind health fads, wellness scams and nonsensical nutrition advice."

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### Our planet, Our health

How can you take action and inspire others for #HealthierTomorrow

- Use public transportation
- Turn off the light when not needed
- Buy

your  
groceries  
from  
local  
producers

- Use  
recyclable  
grocery  
bags
- Quit  
smoking

Click [here](#) to learn more about World Health Day and the effects environmental change is having on the worlds population.

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Drop us a note and let us know what you think!

Your Cancer Breasties,

Jen and Marcia



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