



## July is ... refreshing swims, beach picnics, ice cream, fireworks and vacations!

We have been very busy finalizing the details for our **special announcement** ... keep scrolling to see what we've been working on!

"If I had my way, I'd remove January from the calendar altogether and have an extra July instead."

- Roald Dahl

July is the second January in a year, a second chance to make this year amazing! In addition to Canada Day, it is also the month when we celebrate National Mojito Day, Pecan Pie, Sugar Cookies, and Fried Chicken. So it seems like the perfect time to treat yourself to something delicious!

Summer is a great time to make meaningful connections or cultivate exciting new experiences. Need some inspiration to kick start your summer?

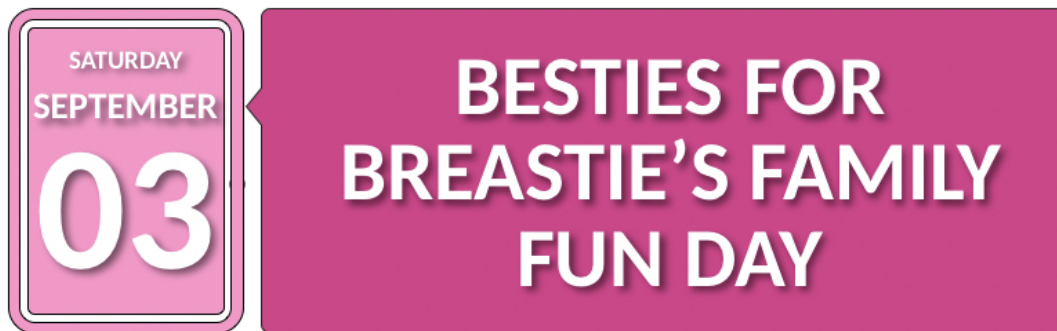
\* Enjoy the beach with your BFF

- \* Pick up a childhood hobby
- \* Get active with a new outdoor activity
- \* Take a road-trip
- \* Thank someone who has changed your life

What's on your July to-do list this year?

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## Calling all Cancer Breastie's for a very special announcement ...



### Our very own fundraiser!

#### **Besties for Breastie's Family Fun Day**

Join us for a fun filled family event on **Saturday, September 3/22** at the Nutrien Playland at Kinsmen Park and Shakespeare on the Saskatchewan Festival Site!

For more event details and to purchase your tickets check out our **Besties for Breastie's Family Fun Day** event page. Event proceeds are proudly being donated to the Cancer Foundation of Saskatchewan.

## Nutrien Playland at Kinsmen Park

1pm - 6pm

Fun filled family activities  
including face painting,  
caricature & balloon artists,  
and **bouncy castles!**



## Shakespeare on the Saskatchewan Festival Site

6pm - 10pm

Live entertainment including  
**Harreson James Band,**  
performances by  
**The Saskatoon Soaps,**  
and concert by  
JUNO nominee



**Royal Wood**



## My Book of Scars



### Jen published an Essay in Wildfire Magazine!

We are beyond excited to share that Jen published her first essay, *My Book of Scars*, in the June 2022 "BODY" issue of Wildfire Magazine!

*"This scar tells a story of family and love.*

*This scar tells a story that has been told a million times, and one time only. This scar marks a turning point in my life. It joins me to a sisterhood*

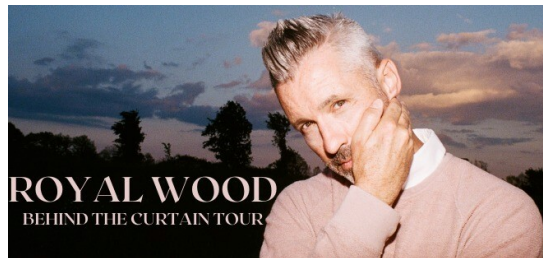
*of women as old as time."*

Click here to read Jen's full essay!

*This essay has been republished with permission from Wildfire Magazine, the "BODY" issue, published originally June 18, 2022. For more information check out [wildfirecommunity.org](http://wildfirecommunity.org)*

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## Our Picks for July!



### What we're listening to!

#### Royal Wood

The Headliner at our **Besties for Breastie's Family Fun Day**, Royal Wood is a singer, songwriter, multi-instrumentalist and producer. Talk about a true musical talent!

With two albums debuting in the Top 30 and multiple JUNO nominations, Wood is a 5-time Canadian Folk Music Award-nominee whose songs have been heard on high-profile programs such as Grey's Anatomy and Private Practice.

Check out Jen and Marcia's favourite songs:

- \* Good To Be Young
- \* I'm so Glad



## What we're wearing!

Supergoop! Glowscreen SPF40

It hydrates, acts as a primer, has SPF and it's clean ... need we say more?!

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We look forward to seeing you all at our Besties for Breastie's Family Fun Day in September!

Your Cancer Breasties,

Jen and Marcia



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