



## Join us!

April is Head & Neck Cancer Awareness Month.

When detected early, these cancers have an 80% survival rate.

Help us raise funds and awareness for these types of cancers!

# ready, set, **MOVE!** **A-THON**

Sign up online now  
through April

What kind of moving will you do?  
Any moving counts! Run, dance,  
cook, walk the dog, play outside

Month of April -  
time to move!



**1**

**2**



Decide if you want to participate  
as an individual, join a team, or  
start a team



**3**

**4**



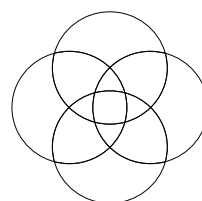
Ask people to donate  
and support you



**5**

Use your phone's camera  
to register

[HEADANDNECK.COM/MOVE](http://HEADANDNECK.COM/MOVE)



HEAD AND NECK CANCER  
**ALLIANCE**