



**100 WOMEN  
100 WAYS  
100 DAYS**

**CHALLENGE!**



## GUIDELINES

### ABOUT THE CHALLENGE:

**Be a part of something fun and creative that turns the ordinary into the extraordinary!**

The YWCA Princeton Breast Cancer Resource Center (BCRC) is challenging **100 women** (or men, kids, groups, companies etc.), to each raise **\$100** (or more), in **100 days** (or less), in an effort to **raise \$10,000** to support BCRC's free programs and services designed to **help local women live with, through, and beyond breast cancer.**

This exciting challenge will run from July 24 to October 31, 2019 – exactly 100 days culminating at the end of Breast Cancer Awareness Month! You can do almost anything to raise the \$100 – from writing a check to hosting a party to having a garage sale! Individuals, schools, churches, clubs, sports teams, support groups, book clubs, corporations, small businesses, and associations are all encouraged to participate, and **although the project is titled “100 Women”, we invite and encourage EVERYONE to join in on the fun!**

The funds raised through your activity or donation will help BCRC provide **FREE programs and services to local women and families affected by breast cancer.** Every **\$100 raised** will provide:

**\$100 = 2 fitness program scholarships**

**\$100 = 2 wigs for women undergoing chemotherapy**

**\$100 = 1 meditation workshop for 15 women**

**\$100 = 1 support group meeting for 10 women**

**\$100 = 1 breast prosthesis for a woman who has undergone a mastectomy**

**\$100 = Information packets for 100 newly diagnosed women**

### STEP 1: DETERMINE YOUR ACTIVITY

- **Do something that you enjoy or are good at**
- **Think about who can support your activity** (colleagues, employers, friends, neighbors, family).
- **Decide how much time you want to commit to the activity** (writing a check or asking for donations on Facebook takes a minute; raking leaves takes a few hours; organizing a party or bake sale may take a few weeks.)

### STEP 2: REGISTER YOUR ACTIVITY

- **Complete the Registration Form and submit it – we want to help publicize your activity!**
- **If you simply wish to make a donation rather than organize an activity, skip to STEP 4.**

### STEP 3: CONDUCT YOUR ACTIVITY

- **Let everyone know about your activity.**
- **Take photos or videos** and send them to BCRC for posting on our Facebook and website.
- **Encourage others to organize their own activity**

## STEP 4: MAKE YOUR DONATION

- Submit your donation to BCRC by one of the following methods.

### CASH/CHECK/CREDIT CARD

Fill out the **Donation Form** and return it by mail or in person to YWCA Princeton, 59 Paul Robeson Pl., Princeton NJ 08540

- All checks should be made payable to “**Breast Cancer Resource Center**”
- A single check is preferable, however if individual activity participants want a tax deduction they should write separate checks (don't forget company matches!)

### ONLINE

Visit the **100 Women, 100 Ways, 100 Days Challenge** webpage [www.ywcaprinceton.org/100women](http://www.ywcaprinceton.org/100women)

- Fill out all **DONATE NOW!** information on right side of the webpage
- Add **NAME** and **DATE** of your fundraising activity (if applicable)
- Click orange **DONATE** button at the bottom of the webpage

## STEP 5: RECEIPT & ACKNOWLEDGEMENT

- When your donation is received, the YWCA Princeton will send you an acknowledgement letter and tax receipt (if applicable).

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## ABOUT THE YWCA PRINCETON BREAST CANCER RESOURCE CENTER (BCRC)

The Breast Cancer Resource Center (BCRC) is a non-profit program of the YWCA Princeton. BCRC is dedicated to providing support and information to women and families affected by breast cancer, and to increasing understanding of the disease in the community. Our mission is to provide every woman who reach out to us with personalized programs and services that will enable her to live with, through, and beyond breast cancer.

BCRC programs and services touch the lives of over **5,000** individuals each year. All services are provided free of charge, and special efforts are made to reach out to minority communities and the medically underserved.

Some of the BCRC programs and services include: a fitness and wellness program, wig and prosthesis boutique, head shavings, transportation program, support groups, healing arts, and outreach and education.

**If you would like to learn more about how you can support BCRC beyond the *100 Women, 100 Ways, 100 Days Challenge*, please contact us at 609-497-2100 ext. 355**