



# FEBRUARY 2018

## A 28-DAY ALCOHOL-FREE CHALLENGE

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY                           | THURSDAY  | FRIDAY | SATURDAY   |
|---|--|--|-------------------------------------|---|--------|--|
|   |  |  |                                     | Update your personal page 1   | 2      | NEED SUPPORT? Like our Facebook page! 3                        |
| World Cancer Day 4<br>Sober Bowl!                                 | 5  | FUNDRAISING TIP: Email friends and family and ask for a donation 6 | 7                                   | FUNDRAISING TIP: Share your page on social media 8  | 9      | 10   |
| 11  | Family Day 12  | 13   | Valentine's Ask for some love! ♥ 14 | 15  | 16     | FUNDRAISING TIP: Be a designated driver by donation 17         |
| 18  | NEED SUPPORT? Post a funny photo or story on social media 19 | 20   | 21                                  | 7 days left! 22   | 23     | FUNDRAISING TIP: Need a drink? Ask a friend to buy you out! 24 |
| FUNDRAISING TIP: Remind friends and family to make a donation! 25 | 26   | 27   | 28<br>Congratulations—you did it!   | THANK YOU! By working with people like you, who believe that investments in science and enhancements to care can make a significant difference for British Columbians, we are confident that BC CAN change the outcome for each person facing this disease. |        |  |