

MY BODY MY MISSION

MISSION 1:

Make better food choices. Eat **kale** or **arugula**.

EACH YEAR

- 72,000 adolescents and young adults aged 15-39 are diagnosed with cancer.
- Cancer incidence in young adults has increased more than any other age group.
- The reason why young adults get cancer are entirely different than that of other age groups.

StupidCancer.org

MOST PEOPLE, WHEN THEY THINK OF **CANCER**, DON'T EVEN CONSIDER FOR A MOMENT THAT IT CAN HAPPEN TO AN 18 YEAR OLD. OR A 25 YEAR OLD. OR A 37 YEAR OLD. BUT IT DOES. **72,000** TIMES PER YEAR.

MISSION 1:

Eat nutrient dense kale or arugula. Creatively share your completed mission and tag it to [#MyBodyMyMission](https://www.instagram.com/MyBodyMyMission). Next, challenge a friend or family member to complete the same mission or to donate to MAMCF.org, to help raise awareness about young moms battling cancer. Follow us [@MyBodyMyMission](https://www.instagram.com/MyBodyMyMission) [@MommyAndMeCF](https://www.instagram.com/MommyAndMeCF)

WHY?

Dietary fat may be one of the biggest contributors to the cancer causing process, according to the American Cancer Society. In some cases, junk food is made with chemicals containing carcinogens, which have been known to cause cancer.



Mommy and Me Cancer Foundation

www.mamcf.org

