

Program Ideas

Sharsheret works with organizations across the country to facilitate meaningful and lifesaving breast and ovarian cancer educational programming. A Sharsheret program can happen any day or time of year, and can be customized for your community. Sharsheret will work with staff and volunteers to offer guidance about program design, materials, marketing support and speakers, if needed.

The following are some of our most popular educational programs, each of which can be tailored and customized for your community:

Panel Discussions, Lectures, or “Ask the Expert” Sessions

- Work with Sharsheret to find local volunteers to share their stories or train volunteers from your synagogue to speak.
- Include a Sharsheret video from YouTube channel Sharsheret1.
- Ask Sharsheret to help identify and recruit medical experts to speak in person or by video conference.

Health and Wellness Program Ideas

- Plan an exercise class (yoga, spin, Zumba etc.)
- Organize a cooking class or demonstration.
- Bring the community together for a meditation exercise.

Teal and/or Pink Shabbat®

- Arrange a Friday night community service or dinner featuring a presentation by a survivor or a panel discussion.
- Coordinate a Sharsheret inspired Shabbat sermon delivered by the rabbi, Sharsheret staff, or volunteer.
- Ask Sharsheret to provide rabbinic talking points for your rabbi and general talking points for any speaker.
- Plan an oneg or kiddush with a teal theme (the color of ovarian cancer awareness) or pink theme (the color of breast cancer awareness.)

Teal and/or Pink Challah Bake

- Host a challah bake women’s only event, a co-ed program, or mother-daughter program.
- Invite a community leader to discuss the significance of challah baking and teach new braids.



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*Education
Saves Lives*

EDUCATION & AWARENESS

TOOL KIT

- Have a breast cancer survivor share her experience, someone speak about Sharsheret, or show a Sharsheret video.
- Encourage participants to keep the challahs, share them, or sell the challah and raise funds on behalf of Sharsheret. Challah can also be served at a themed oneg or kiddush. Participants can also take their challahs home and invite someone for a meal so when they are asked why the challah is pink, they can start sharing, spreading awareness, and educated others!
- Ask about our special giveaway! We provide pink challah recipe cards.

Social Action Project

- Organize a donation drive for our Best Face Forward (makeup) or Busy Box (toys) kits.
- Create and deliver packages to local hospitals or breast centers.
- Introduce our “Changemakers” curriculum for youth, grades 6 and up.

Contact us to start customizing your programming or to brainstorm more ideas!

Program Topics

Education and awareness programs are meant to educate community members and share information about Sharsheret. Below are several topics communities have chosen to discuss at their programs. Call Sharsheret to plan how to incorporate these topics into your program.

1. What’s Jewish about Breast and Ovarian Cancer?
2. Cancer Genetics: How Do You Wear Your Genes?
3. Women’s Health and Empowerment
4. Creating a Caring Community
5. How to Best Support a Loved One Facing Cancer
6. Trends in Women’s Health



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