

Improve A Life.

Save A Life.

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. Sharsheret will provide educational resources and giveaways.

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. (More information on page 7)
- 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.

Teal and/or Pink Shabbat® (More information on page 5)

- 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.
- Contact Sharsheret to receive a copy of 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 (More information on page 6)

- 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.
- Have a breast cancer survivor share her experience, invite someone else to speak about Sharsheret, or show a Sharsheret video.
- Encourage participants to keep the challahs, sell them and raise funds on behalf of Sharsheret, serve them at a themed oneg or kiddush, or take their challahs home and invite someone for a meal. When asked why the challah is pink, participants can start sharing



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what they learned, spreading breast and ovarian cancer awareness, and educating others!

- We also provide pink challah recipe cards.

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.

Social Action Project

- Organize a donation drive for our [Best Face Forward](#) (makeup) or [Busy Box](#) (toys) kits.
- Create and deliver care packages for women in local hospitals or breast centers.
- Introduce our “Changemakers” curriculum for youth, grades 6 and up, educating students about how they can make a difference and can implement change.

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

