

BREAST CANCER CHARITY

10 for Life



Continued from front page

"We have played a little with the Walk for Life title," Brigitte Gypen said, announcing the events (listed below), which will bring together a whole host of people in the world of dance, sport, music, medicine, the media, gastronomy, and much more. Most of the events will take place in either Adeje or Arona, and Brigitte declared, "We hope to exceed the €18,000 raised last year," adding that in addition to raising funds for the AECC and Ámate, one of the group's aspirations is to be able to create in the south, "A zone, an area, a permanent home for people who want to talk about cancer, maybe to watch a film, listen to music... a 'feel good' room perhaps, a space where people can look forward to their tomorrows, because one of the most frightening things about getting cancer is that you start to think there will be no tomorrow".

Included among the events planned is a Conference for Life, with the participation of Barcelona-based, oncologist surgeon Dr Isabel Rubio Rodríguez, who is a leading practitioner in breast cancer care and treatment. She will host two conferences, one in English and one in Spanish, to reach the widest audience possible, and answer questions from the floor. In parallel there will be medical experts on hand in screened areas to advise and demonstrate self-examination for women. And Brigitte told the conference that it was very important that women of all ages be conscious of the need

for body awareness and examination as in recent years more and more younger women were presenting, and early detection was and is vital.

The events are:

September 20: **Swim for Life**, Tenerife Top Training, Adeje

September 26: **Conference for Life**, CDTCA, Adeje



October 4: **Yoga for Life**, Playa Las Vistas, Arona



October 12: **Golf for Life**, Los Palos Golf, Arona

October 16: **Dance for Life**, Plaza del Pescador, Los Cristianos, Arona

November 14: **Soul for Life**, El Médano, Granadilla

November 21: **Radiomathon for Life**, Adeje



November 28: **Chestnuts and Wine for Life**, Valle San Lorenzo, Arona



December 7: **Cycling for Life**, La Caleta, Adeje

December 14: **Walk for Life**

As you can see, the first scheduled event is swimming at the Tenerife Top Training Centre and the staff and manage-

ment there have been marvelous in organising most of the details. Members of the Spanish national swimming team are using the facilities during that period and will be joining in with the fundraising. Kicking off at 10am and going on until early afternoon there will be different challenges, butterfly, back crawl, breast stroke, crawl etc. as well as classes of aquagym and fittball. Adeje's sports department have organised a huge paella for after the event, fruit etc. for everyone to make it a party to remember. Some of the events are in limited spaces, some need insurance and for organisational

tion, galleries from past years and registration forms for all of this year's events. If you are planning to take part in one or some of the events do register in advance where possible. There will also be a new calendar this year dedicated to the volunteers, which is to be presented in El Corte Inglés near to the date of International Breast Cancer Day in October and the Department of Agriculture of the island's council have promised to organise a wine tasting event for the Walk for Life – more information when it is available. Lots of prizes and surprises are planned at all the events,

LUCHA CONTRA CÁNCER DE MAMA
FIGHT AGAINST BREAST CANCER

10 años aniversario
Carrera a la Vida
2014
walk for life

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10 eventos por la vida

Ayuntamiento de Adeje Ayuntamiento de Arona

Soul for la vida / Soul for life
14.11.2014 - El Médano, Granadilla
Radiomathon por la vida
Radiomathon por la vida
21.11.2014 - Adeje
Castañas y Vino por la vida
Chestnuts & Wine for life
28.11.2014 - Valle San Lorenzo, Arona
Ciclismo por la vida / Cycling for life
07.12.2014 - La Caleta, Adeje
Carrera por la vida / Walk for life
14.12.2014

Nadar por la vida / Swim for life
20.09.2014 - Tenerife Top Training, Adeje
Conferencia por la vida / Conferencia for life
26.09.2014 - CDTCA, Adeje
Yoga por la vida / Yoga for life
04.10.2014 - Playa Las Vistas, Arona
Golf por la vida / Golf for life
12.10.2014 - Los Palos Golf, Arona
Baile por la vida / Bailes for life
16.10.2014 Plaza Pescadora, Los Cristianos, Arona



ment purposes it would be enormously helpful to know the number of people that can be expected. So, this year a brand new webpage has been designed by the Karonte company www.carreraporlavida.com or www.walkforlife.es, which has information on the associa-

but as there are so many this year, so many more prizes will be needed for the raffles, tombolas and auctions, everything from a single bottle to apartment or hotel stays or anything pink for a proposed 'pink market stall' will be very welcome. In addition the organisers are

still looking for sponsors to pay for bracelets, balloons, drawstring bags, calendars, baseball hats, swimming caps, pins t-shirts etc. Any help is very much appreciated and volunteers requesting donations are being issued with identity cards.

If you can help, donate or need more details, contact informacion@carreraporlavida.com. Watch this space for coverage of each of the events as they happen and information on the next activity as time grows nearer!

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