National Immunization Awareness Month

August is National Immunization Awareness Month

This annual observance highlights the importance of getting recommended vaccines throughout your life. You have the power to protect yourself and your family against serious diseases (like whooping cough, cancers caused by HPV, and pneumonia) through on-time vaccination.

You have power to protect against vaccine-preventable diseases.

Participant Spotlight Feature

Please help us congratulate our amazing ALAC participants who achieved OUTSTANDING step goals this month!

1st Place: 42,888 steps
ROSANA RICE
37,065 steps!
DIANE TYROCH
42,888 steps!
ADRIANA MARCHETTO
28,645 steps!

ALAC Virtual 5K Walk/Run

Join us on Saturday, September 12th for a Virtual 5K Walk/Run! We’re asking participants to run/walk in their neighborhood, on a treadmill or around their home and reach 3.1 miles! If you are interested, head over to our Facebook page and comment “I’m In!”

ALAC Virtual 5k Walk/Run

Please join us on September 12, 2020 for a Virtual 5K run/walk.
You have from 6:00 am to 3:00 pm to complete it, and then report that you have done it on our ALAC Facebook page. Then a photo as you are doing it or a picture of your blossom with the time steps for the day.
You can even do it live as you are doing it! If you want to participate, please write “I’m IN” in the comments below!

I’M IN!

Questions?
Email us at GAMontoya1@mdanderson.org

Click HERE to sign up for an upcoming ALAC class!

The Active Living After Cancer (ALAC) newsletter will be sent to you on a monthly basis, it will include updates about the program, locations of future program sites, upcoming community events, and survivorship resources that you may share with your community members.