

WHAT HAPPENS AT A CANSA RELAY FOR LIFE EXPERIENCE

Survivor & Caregiver Laps

We welcome the community to Relay by having our **Survivors** lead the first lap - celebrating their victory over cancer. This is followed by a **Caregivers** lap to recognise those who help cancer patients in their journey

All of the teams (10 to 15 people per team) are invited to walk together during the **Opening Lap** which takes place after the Survivors and Caregivers lap

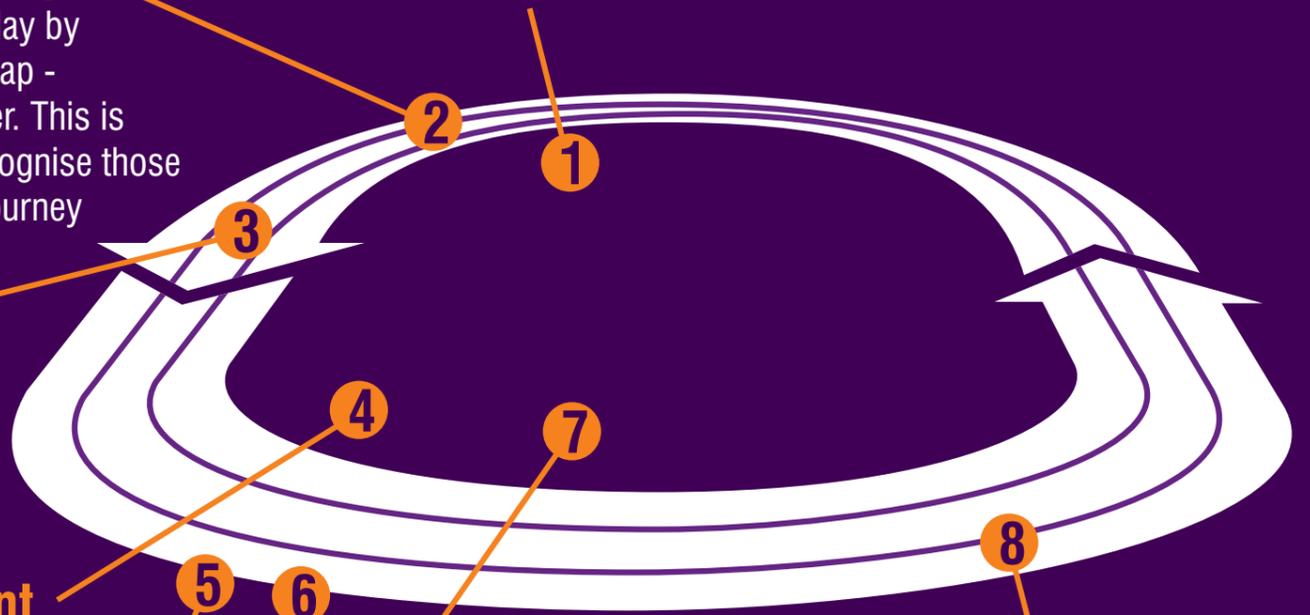
Fundraising & Entertainment

Before the event, each team submits a commitment or registration fee. The track is lined with Relay teams who have set up sites for fundraising all night. Throughout the event, there's lots of food, family games, music, activities, contests and fun to partake in, all while raising money to fund cancer education, advocacy, cancer screening programmes as well as provide care and support.

Luminaria ceremony

To honour and remember - silent lap of reflection. Candles are lit inside paper bags and are placed around the Relay track as glowing tributes to remember and honour loved ones who have passed or who are still fighting the disease. These candles remain lit throughout Relay For Life until the closing ceremony.

Relayers are welcomed as part of the **Opening Ceremony**



Team sites, Walking and Health Mission

Individuals and teams stay at Relay overnight, making new friends and memories, sharing stories and walking the track all night long. They also learn about the health awareness, advocacy, cancer screening plus care and support programmes that CANSA offers to those affected by cancer

Relayers take a pledge during a **Fight Back Ceremony** to take action and spread awareness of cancer education, advocacy, screening as well as care and support programmes - all in helping to build a **world without cancer**

Closing Ceremony

CANSA Relay For Life comes to an end, and we pledge to make a difference and help build a world without cancer

#CANSA RelayForLife

CELEBRATE

REMEMBER

FIGHT BACK

Your local CANSA Relay For Life:



Toll-free 0800 22 66 22 www.relayforlife.org.za