April 2023

April is Oral, Head and Neck Cancer Awareness Month. When detected early, these cancers have an 80% survival rate.

Help us raise funds and awareness for oral, head and neck cancer!

1. Sign up online now through April
2. Decide if you want to participate as an individual, join a team, or start a team
3. What kind of moving will you do? Any moving counts! Run, dance, cook, walk the dog, play outside
4. Ask people to donate and support you
5. Month of April - time to move!

Use your phone’s camera to register
HEADANDNECK.COM/MOVE