



Cedar Valley Cancer Committee

TOUCH OF COURAGE

CONNECTION NEWSLETTER

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BEYOND PINK TEAM WHO WE ARE – WHAT WE DO

The Beyond Pink TEAM began 35 years ago with a mission to increase mammography utilization and provide a breast cancer support group. It all began in 1988, when the Cedar Valley Committee for Breast Cancer Awareness was started as a collaborative effort of area hospitals and other health organizations. In 1997, the name changed to the Cedar Valley Cancer Committee to include other cancers. Thanks to the hard work of the committee and the generous donations from the Cedar Valley, the Cedar Valley Cancer Committee continues to grow.

In 2006, the name Beyond Pink TEAM was selected because members realized the group had gone beyond pink trinkets, to Taking action, Educating, Advocating, and Making a real difference both locally and nationally. Beyond Pink TEAM continues to be the most active member of the Cedar Valley Cancer Committee.

The Beyond Pink TEAM is the only local breast cancer coalition in the area and the only comprehensive breast cancer organization in Iowa. We are all volunteers with various backgrounds and skills. We have been meeting the needs of people living with breast cancer for 35 years.

Just as when we first began, we have continued to provide a support group for breast cancer survivors. This is called the Touch of Courage and meets the first Monday of each month, unless it's a holiday. The group meets at the Community Foundation of Northeast Iowa, 3117 Greenhill Circle in Cedar Falls at 1:30 p.m. These survivors visit, occasionally have speakers, and work on heart shaped pillows which are donated to clinics and doctor offices for patients.

An additional BPT All Cancer Support Group began in 2006 and meets from 4:30 p.m. to 7:00 pm to Meet, Mingle, and Share. A program/speaker begins at 6:00 p.m. The group meets 4 times a year on the third Tuesday of January, April, June, and September at the Cedar Valley Unitarian Universalist Church, 3912 Cedar Heights Drive, Cedar Falls. Light refreshments are served.

When more and more women and men were financially struggling during treatment for breast cancer, the Beyond Pink TEAM stepped up and the Beyond Pink Fund was established to financially assist breast cancer patients with medical, transportation, and necessary expenses.

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0.5% - THE PERCENTAGE OF WOMEN WHO GET MAMMOGRAMS AND HAVE CANCER

GINA – A SURVIVOR



At 40 years of age, I knew my doctor would be on my case if I didn't get a mammogram. I felt great, absolutely healthy, and no detections of lumps or bumps. I didn't think much of it. However, I got an immediate call back to come in for more images and two days later I was getting a biopsy. They showed me the images

and I immediately knew, deep down, what it was. Four days later I got that call NO ONE wants. The biopsy was positive for DCIS breast cancer. With this particular cancer, it appears as hundreds of small "dots" that spread over the breast and often go unnoticed (without a mammogram) because it is not a "lump".

I was definitely in shock. It is very strange hearing that I have this, and I feel like there is nothing wrong or different. I'm not sick. I'm not in pain.

I learned a LOT of information in the month following my diagnosis. In my case, because the area is large and consuming, I did not have an option other than a full mastectomy. I had a complete genetic testing, and discovered I am positive for a gene that has caused this cancer. Nothing I have done in my life has brought this on, it is just part of my genetic makeup. This gene does affect other areas of the body as well, and it affects males and females.

Many people asked why surgery took place so far out. But from time of diagnosis to the surgery (less than 2 months) there were appointments, scheduling and Operating Room time. I ended up having to be referred to doctors in Cedar Rapids, because of insurance coverage, and being able to have 2 different surgeons for the same surgery, which makes one less surgery for me.

I have not had surgery in my life, except to have my wisdom teeth removed when I was 17. So all this medical information was a lot to take in, but I felt that I was in excellent hands. My biggest obstacle was recovery time, since I was being forced to sit still and take it easy. Definitely not my usual routine.

April 21 (day after surgery)

I was able to go home and did great - hooked up to 2 machines that get to be my companions for a

while allowing my recovery to be at home. Sleeping was a challenge, but I finally got a good night's sleep in the recliner. This became my sleeping routine for the incline and not rolling over at night. The pain was under control, which also made this much more bearable!

RECEIVED THE ABSOLUTELY BEST NEWS!!!
So many answered prayers.

The final pathology results came back, and the cancer had not spread outside of the breast. They took four lymph nodes and tested those as well as doing the full removal mastectomy. What it means for my oncology future is there will not have to be radiation or chemo, since it was a full removal! This is thanks to the early detection with my mammogram. Multiple doctors told me if I had waited to get the screening, in one year my situation would have been completely different.

The healing journey was a long road. There was at least one more big surgery for reconstruction.

I am VERY grateful for so many things that have come out of this situation. First the research and awareness that is brought to breast cancer. And I want to continue that awareness. I am grateful for the amazing support received from so many wonderful people in my life and all the medical staff every step of the way. I am grateful for the time and place I live that I have access to treatment and recovery. Most importantly, I see God and his purpose for all that is happening. Thank you, prayer warriors, I feel the love! While I do not know all of what the future holds, I do feel confident in going forward and tackling this! In true form, I already had the perfect shoes for this journey in my life!

NATIONAL "GO TOPLESS" DAY

Every May, on the third Saturday of the month, Jeeps gather around and go topless for charity – "Go Topless" Day. After a quick discussion with the local Die Hard Jeeps founding members, it was a simple decision that they were going topless for tatas. They have members who have been touched by the amazing Beyond Pink TEAM and others who have been through the battle of Breast Cancer. Beyond Pink TEAM was chosen as the local charity

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LONG DAYS – BRILLIANT PRESENTATIONS

STACY GLASCOCK



In the early hours of May 6th, which just happened to be my 54th birthday, I hopped on a plane with some incredible women and headed to Washington, DC. This was my first experience

in attendance at the National Breast Cancer Coalition (NBCC) Advocate Leadership Summit. Among my companions were Christine Carpenter, Kristin Teig Torres, Lori Seawel and Jodie Muller, all of whom I learned much from. The days were long, but the presentations were brilliant.

Some examples of the topics were; 1) clarification on why the research funding is placed within the Department of Defense (DoD) budget, 2) problematic issues within the FDA fast-track approval process, 3) the unfairness of the Social Security Disability Insurance and Medicare waiting periods for those with metastatic breast cancer who do not live long enough to receive the benefits they worked and paid for, and 4) the NBCC's remaining commitment to adequate research funding levels, and 5) the science behind the HER2 receptor and the significance and evolution of treatment designed around it.

It's disheartening how cancer and other healthcare issues can be so politically divisive in our world, but the goals of NBCC are focused and determined. We need to remain vigilant of what our state and federal officials are doing (as well as NOT doing), in our goal of ending breast cancer and working toward healthcare access for all.

Traveling with this fantastic group of women and meeting many other brilliant and driven individuals was a truly empowering experience and I am hopeful that every little bit we do will somehow improve the lives of women who are diagnosed with this terrible disease in the future. I'm so happy to have seen and celebrated another year since my diagnosis of breast cancer in 2015. And as always, I remain hopeful for a cure.

For more information please see:
<https://www.stopbreastcancer.org/wp-content/uploads/2023/05/2023-Lobby-Day-Talking-Points-Final.pdf>



BEYOND PINK TEAM VOLUNTEERS HONORED

This year, BPT was fortunate to have 2 of our volunteers honored for their volunteer time they give to BPT and the Cedar Valley.

Jeanne Olson – Received the 2023 YWCA Women of Persimmon Volunteer Award. Jeanne began as a volunteer with the BPT when she was the Nurse Manager of Cedar Valley Breast Care Center. She volunteered at numerous fund raisers and became the BPT treasurer. This means she not only handles the regular bookkeeping and banking for BPT but handles payment of all the bills we cover for the women and men receiving financial assistance during their treatment through the Beyond Pink Fund.



In addition, Jeanne volunteers with the Pink Ribbon Run Committee, Bambinos Bakery, Community Meals and is a funeral dinner volunteer and does

Bereavement Ministry for her church. Truly Jeanne is a volunteer not just giving of her time, but her heart!

Mary Jo Juel – Received nomination for the Mayor's Award for 20+ years of volunteerism. Prior to volunteering with the Beyond Pink TEAM, Mary Jo was involved with her church, kids' activity bags, Community Meals, Koats for Kids, Salvation Army and the Orth Back to School project providing backpack with necessary school supplies.



Beyond Pink TEAM added new opportunities for Mary Jo, helping at events and making heart shaped pillows with the Touch of Courage Support Group. Now Mary Jo has extended her volunteerism to help at Bambino's Bakery, one of the major donors to the Beyond Pink TEAM.

Congratulations, Jeanne and Mary Jo and thank you for all you do for the BPT!

WHERE ARE THEY NOW SURVIVOR STORY

ADEL KESSLER – A SURVIVOR

"Never doubt that thousands of invisible hands are helping you at all times. Love is everywhere even if you can't see it. The tenderest care will arrive when you least expect it, and from someone whose name you may never know" - Elizabeth Gilbert.

I just finished reading the young adult book, *The Miraculous Journey of Edward Tulane* by Kate DiCamillo. I have to say the 20 year (20! WOWWW!) journey since being diagnosed in July 2003 has been miraculous for me as well. It truly resonates with Elizabeth's quote.

Fortunately, the estrogen-positive tumor was small and contained, but because of the aggressiveness, I needed a lumpectomy, chemo and radiation. This Journey was made more interesting, because it came right before a new school year . . .

There have been so many words of love, compassion, and great encouragement to treasure. There have also been times I simply could not believe something that was said that I would not consider saying to someone on a Survivor's Journey. . . .and out loud.

A diagnosis like this is life changing. I am still very sensitive, maybe more so. I discovered that I really could be more expressive of positive, caring feelings toward others in my life. . . . probably most notably my School (student) Pals. I had always believed the Pals needed to know I cared, but I started hearing myself saying more caring things to them, maybe using humor more. The Pals were the family that Tom and I were blessed with.

Caring comments rippled out more as I journeyed. I've worked very hard on developing greater skills of empathy, compassion, and caring to become a more self-aware, self-actualized human. I've also learned that boundaries are essential when navigating the world.

I was very grateful for Tom, my Husband and Caregiver through the months of treatment and for being able to continue together in life. I'm so very thankful that I have been able to live into retirement for 11 years. It was especially emotional to be there for the 20-year Survivor's photo before the Pink Ribbon Run last fall.

A "Gratitude Practice" is one thing I've developed to appreciate the moments, the seemingly small things that are right there if we make a point of noticing them. The Little Things really are very Big Things on Life's Journey.

I love gardening, indoors and out, reading, baking, writing happy notes to those needing a boost, putting hopeful messages on my FB Page, and spending time on Nature Walks with Tom.

We have family here in Iowa and in Germany as well. Then there are my friends who are family. I am very grateful for all the Blessings these people add to my life in so very many ways.

Covid was a real lesson in Life for me! We had a summer Beyond Pink Zoom where Emily talked about tightening the Inner Circle. It was powerful! I realized there were people that were not the best for me. At this age, I am just thankful for Life and people who really matter to enjoy spending time with.

I've appreciated the Beyond Pink organizers, members, speakers, advocates and people I've really gotten to know and sadly lost. I love the Pink Ribbon Run and donating to a cause that is local. We really are all in this together.

It's interesting to think about those brought into our lives to "touch" and support. This Journey takes time to heal physically and emotionally, but it can also be used as a "Stepping Stone" to a greater, stronger version of you.

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to raise money for. Die Hard Jeeps loves who Beyond Pink TEAM is and what is done for those in tough time in their lives. For the Die Hard Jeeps' ride this year, there were over thirty Jeeps attending the cruise, fifty-five people purchased shirts for Go Topless, plus many others who loved what was being done and just gave a contribution to the cause all going to our fundraiser. We are excited to be able to give to the Beyond Pink TEAM all of what we fundraised with a matching gift to help BPT touch the lives of those who are fighting a battle. Die Hard Jeeps is proud to be supporters of the BPT cause and to help bring awareness to BPT's name.



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In 2022, the Beyond Pink Fund was able to help 105 individuals with \$111,248. This averaged \$2,129 per week or \$9,271 per month of financial assistance needed. For the first 5 months of 2023, the Fund has assisted 61 individuals with \$69,814. This averages \$3,324 per week or \$13,962 per month. A definite increase. There is a great need for financial assistance for women and men during breast cancer treatment.

One grant recipient sent this, "Thank you so much for this wonderful grant. It is such a relief to have this financial support. It takes some pressure off for sure. Just wanted you to know how much your work is appreciated."

Another recipient shared, "I received the gas gift cards - Oh Thank you So So very much! I will use them and be very blessed. I will always think of you! Thank you from the bottom of my heart!

BPT has gone beyond our initial Breast Cancer Awareness education to Igniting the Cancer Conversation. Since 2016 Ignite has addressed the role of Immunology, Environment, Holistic healthcare, the History of Cancer and its' Treatment, Breast Cancer Metastasis and Tumor Dormancy in trying to bring an end to cancer. Check out Ignite's latest, The Cancer Journey, a compilation of resources and videos for anyone who's life has been touched by cancer <https://www.beyondpinkteam.org/the-cancer-journey.html>

The BPT doesn't just stop with educating our community and financial assistance, but advocates for all of us nationally. The Beyond Pink TEAM is a member organization of the National Breast Cancer Coalition and has 2 volunteer members who represent you on the national board. The National Breast Cancer Coalition's mission is to end breast cancer through the power of action and advocacy. Founded in 1991, the National Breast Cancer Coalition (NBCC) is a collaboration of activists, survivors, researchers, policymakers, grassroots groups and national organizations. NBCC links hundreds of organizations and tens of thousands of individuals from across the country into a dynamic, diverse coalition that gives breast cancer a meaningful voice in Washington, DC, and state capitals; in laboratories and health care institutions; and in local communities everywhere. Stopbreastcancer.org

All this would not be possible without the support of the various volunteers and donors who give of

their time, talents, and financial support to continue the mission of the Beyond Pink TEAM – a non-profit organization that provides breast cancer prevention, education, support, and advocacy for comprehensive, quality health care for ALL in the Cedar Valley and surrounding communities.

NOTE:

For additional information on the Touch of Courage Support Group, contact Pat Buls at 319-610-4424. For the All Cancer Support Group and programs, contact Angela Hamilton at 319-231-3143

IGNITE THE CANCER CONVERSATION

You or your loved one has received a cancer diagnosis. What questions should you ask? How can you help your loved one? How do you navigate treatment? How do you endure the journey? How do you thrive and even advocate beyond this Journey? These videos feature survivors, doctors, social workers, and advocates who share their experiences of diagnosis, treatment, after-treatment, living with metastatic cancer, and advocating to end this disease.



**SCAN FOR MORE
INFORMATION ON THE
CANCER JOURNEY**



DONATIONS

Received from March 1, 2023 through May 31, 2023

Banklowa	Virginia Hoag	Arvella Piph
Anne Barloon	Pat Homeister	Scheels
Stacey Belk	Jean Hoy	Cheryl & James
Bunger Middle School	Kim Hurst	Thayer
Carpetland USA	Iowa LICA	Veridian Credit Union
Mildred Goodell	Mike Norris	Employees
Jane Hartman	Jeanne Olson	Doris Weber
	Karen Page	

THANK YOU

for remembering these individuals in this manner.

In Memory of Carolyn Norris
Co-workers from Allen
Women's Health



FUNDRAISERS

PINK OUT NIGHT & BREAST CANCER AWARENESS NIGHT – JULY 28

Come watch the Bucks play the Minnesota Mud Puppies on Saturday, July 28 at Riverfront Stadium, 850 Park Road, Waterloo. The first pitch is at 6:35 p.m. Reserved tickets purchased prior to the game are \$10 and the day of game, tickets are \$12. The Waterloo Bucks will be wearing special pink jerseys and auctioning them off during the game. Proceeds from the jersey sales will benefit the Beyond Pink TEAM. Jerseys are presented by The Brass Tap, Great Clips, & Scheels. FIREWORKS will follow the game!



LACE UP FOR THE 17TH ANNUAL PINK RIBBON RUN



Downtown Cedar Falls on Saturday, October 7th will be hosting the 17th Annual Pink Ribbon Run. GreenState Credit Union and Oakridge Realtors are the presenting sponsors at the Warrior level (\$5,000 or above). All breast cancer survivors receive a complimentary registration thanks to Community Auto Group, the Survivor Sponsor also at the Warrior level. Wrapping up the Warrior level is Bambino's with their generous donation to support the Beyond Pink Team.

Key Pink Ribbon Run Dates:

August 1 - Online registrations will open – The link will be shared at www.beyondpinkteam.org.

September 22nd – Registration deadline to be guaranteed a t-shirt.

October 6th – Packet Pick up (times to be announced), Community Main Street Office, 310 4th Street, Cedar Falls

October 7th – Pre-race survivor photo at 8:00 a.m., with the run starting at 8:30 a.m. All pre-race activities including pre-race announcements will be at the River Plaza, 200 E 2nd Street, Cedar Falls.

SCHEELS

SCHEELS LADIES NIGHT OUT – NOVEMBER 5TH

Scheels has designated the Beyond Pink TEAM as the recipient of this year's event. This is an afterhours event offering special deals, chair massages, giveaways, Hors D' oeuvres and much more.

It is a great night to enjoy with your girlfriends and begin your holiday shopping! Limited advance tickets are sold online about a month in advance.

Watch the Scheels and Beyond Pink TEAM facebook sites for more information as the ticket sales dates get closer.

HAIR IT IS...

MO HARDY, LICENSED BARBER, AND STATE BARBER BOARD MEMBER

Our hair grows in three different cycles... Anagen is the first growth cycle, 90% of our hair is in this stage at any given time. The 2nd stage is Catogen. This is the transition cycle of the hair in which the hair stops producing cells and its growth and prepares to shed. 10% of our hair is in this stage. Lastly is the third stage, Telogen, or the shedding stage. In the shedding stage it is normal to lose 80 to 100 hairs per day unless of course we are going through chemotherapy treatment.

Chemotherapy stops the spread of fast-growing cells. Since our hair is made of fast-growing cells this causes the sudden loss of hair. Chemotherapy and all medication coat the scalp and hair and takes a major toll on hair follicles, suffocating your hair follicles and causing damage to the sebaceous gland on your scalp. Sebaceous glands are oil glands that help in the aid of hair growth.

To maintain a healthy scalp as you go through these life altering treatments –

- Baby your remaining hair. Use a soft brush. Wash your hair only as often as necessary using a gentle shampoo. Avoid medicated or drying shampoos.
- Consider shaving your head. Some report their

scalps feel itchy, sensitive, and irritated during treatments and while hair is falling out. Shaving your head can reduce irritation.

- Protect your scalp. If your head is going to be exposed to the sun or cold, protect it with sunscreen or a head covering.
- Avoid blow-dryers, curling irons, and rollers.
- Be patient. It's likely that your hair will come back slowly, and it might not look normal right away. Growth takes time, and it also takes time to repair damage.

Most importantly, check with your hair stylist for recommendations on shampoo, shaving head, and any other questions you may have.



DATES TO REMEMBER JULY – OCTOBER 2023

July 10, 1:30 pm

Touch of Courage

Breast Cancer Support Group

Masks are optional

Community Foundation of NE Iowa

3117 Greenhill Circle, Cedar Falls

Pat 319-610-4424 for info & location

July 11, 1:30 pm

Care & Share Care Support Group

Masks are required/encouraged

MercyOne Cancer Treatment Center

200 E Ridgeway Ave, Waterloo

Courtney 319-272-2816 for meeting info

August 1, 1:30 pm

Care & Share Care Support Group

Masks are required/encouraged

MercyOne Cancer Treatment Center

200 E Ridgeway Ave, Waterloo

Courtney 319-272-2816 for meeting info

August 7, 1:30 pm

Touch of Courage

Breast Cancer Support Group

Masks are optional

Community Foundation of NE Iowa

3117 Greenhill Circle, Cedar Falls

Pat 319-610-4424 for info & location

September 5, 1:30 pm

Care & Share Care Support Group

Masks are required/encouraged

MercyOne Cancer Treatment Center

200 E Ridgeway Ave, Waterloo

Courtney 319-272-2816 for meeting info

September 11, 1:30 pm

Touch of Courage

Breast Cancer Support Group

Masks are optional

Community Foundation of NE Iowa

3117 Greenhill Circle, Cedar Falls

Pat 319-610-4424 for info & location

September 19, 2023, 4:30-7:00

BPT All Cancer Survivor Group

Masks are optional

Cedar Valley Unitarian Universalists Church

3912 Cedar Heights Drive, Cedar Falls

Angela 319-231-3143 for information

October 2, 2023, 1:30 pm

Touch of Courage

Breast Cancer Support Group

Masks are optional

Community Foundation of NE Iowa

3117 Greenhill Circle, Cedar Falls

Pat 319-610-4424 for info & location

October 3, 1:30 pm

Care & Share Care Support Group

Masks are required/encouraged

MercyOne Cancer Treatment Center

200 E Ridgeway Ave, Waterloo

RESOURCES

Information, support, counseling, and educational materials are available from the following:

Beyond Pink TEAM is a local breast cancer organization providing a variety of services. Our website lists services we provide as well as other services available in the Cedar Valley. beyondpinkTEAM.org
f You can also find us on Facebook.

Living Beyond Breast Cancer includes a helpline, newsletter, and information. LBBC.org
Survivors Helpline: 888-753-5222

Cancer Care is a national nonprofit organization offering counseling, support, financial assistance, and education to individuals with cancer and their families. cancercare.org

Iowa Cancer Consortium offers cancer information and links to resources in Iowa. canceriowa.org

American Cancer Society offers cancer information and services. cancer.org.

National Breast Cancer Coalition the NBCC's mission is to eradicate breast cancer by focusing the government, research institutions, and consumer advocates on breast cancer. It encourages advocacy for action and change. stopbreastcancer.org.

National Comprehensive Cancer Network® (NCCN) provides state-of-the-art treatment information in easy-to-understand language to people with cancer and their caregivers. NCCN.org/patients

National LGBT Cancer Network works to improve the lives of LGBT cancer survivors and those at risk. cancer-network.org

National Cancer Institute offers information about cancer, breast cancer, clinical trials, cancer statistics, research and funding, and the latest news. They will also answer your questions by calling **1-800-4CANCER**. cancer.gov

National Cancer Institute for NCI dictionaries of cancer terms, genetics terms, and cancer drugs. cancer.gov/publications/dictionaries

Young Survival Coalition connects with other young women diagnosed with breast cancer. youngsurvival.org

CancerChoices is an independent, science-informed resource, helping you make sense of your choice in integrative cancer care. cancerchoices.org

MISSION | Beyond Pink TEAM is a nonprofit organization whose mission is to provide breast cancer prevention, education, support, and advocacy for comprehensive, quality health care for ALL in the Cedar Valley and surrounding communities.

Connect with us . . . Your support financially or through volunteering is both needed and appreciated. Please feel free to complete the following and forward to Cedar Valley Cancer Committee at the address listed below.

Name _____ Phone _____

Address _____ City _____ State _____ Zip _____

Email _____

I would like to participate with the Beyond Pink TEAM by:

- | | |
|--|--|
| <input type="checkbox"/> Writing a survivor story for the newsletter | <input type="checkbox"/> Making phone calls and sending emails to policy makers for breast cancer issues |
| <input type="checkbox"/> Become part of the Breast Cancer Advocacy Network | <input type="checkbox"/> Become a member of the Beyond Pink TEAM - Complete this form, send with a check for \$5 to Jeanne Olson, BPT Treasurer, to address at bottom of this page. Meetings are 3rd Thursdays each month (except December) at 7:00 a.m. |
| <input type="checkbox"/> Volunteering: (check all that apply) | |
| <input type="checkbox"/> Assist with Support Groups | <input type="checkbox"/> Advocacy – Contact Congress/Ignite the Cancer Conversation |
| <input type="checkbox"/> Development (Publicity) | <input type="checkbox"/> Education (Health Fairs/Presentations, Newsletters) |
| <input type="checkbox"/> Events (Fundraisers, Projects and More) | |
| <input type="checkbox"/> Donate. Make checks payable to Beyond Pink TEAM. (All donations are tax deductible) | |
| <input type="checkbox"/> BPT Fund | |
| <input type="checkbox"/> Advocacy Fund | |
| <input type="checkbox"/> Area of Need | |

Mail To:
Cedar Valley Cancer Committee
Db a Beyond Pink TEAM
1407 Asbury Lane
Waterloo, IA 50701

Scan here for more
information on the
Beyond Pink TEAM.



BeyondPinkTEAM.org