



American Indian Cancer Foundation®

The American Indian Cancer Foundation (AICAF) created the **National Cancer Survivor Awareness Month** media toolkit that includes sample social media posts for Facebook and Twitter. The following content can be easily copied and pasted into the social media platform of your choice. Please feel free to personalize these posts with pictures and information that is unique to your community! You can also like and share social media posts from AICAF's social media pages.

National Cancer Survivor Awareness Month Social Media Toolkit

#CelebrateIndigenousLife #IndigenousCancerSurvivor #IndigenousLifeways

Date	Facebook	Twitter
1-Jun	June is National Cancer Survivor Awareness Month! Survivorship begins at diagnosis and lasts throughout the lifespan. Since relatives & caregivers are impacted by a diagnosis, they too are survivors. Join us all month to #CelebrateIndigenousLife & the strength of our survivors.	June is National Cancer Survivor Awareness Month! Survivorship begins at diagnosis and lasts throughout the lifespan. Since relatives & caregivers are impacted by a diagnosis, they too are survivors. Join us all month to #CelebrateIndigenousLife & the strength of our survivors.
2-Jun	Cancer affects every population differently, but Native people bear a greater burden for many cancers. Use AICAF's Cancer Burden Booklet to learn about these health inequities, and help raise awareness of #IndigenousCancerSurvivors everywhere: http://ow.ly/HFh150z5H0q	Cancer affects every population differently, but Native people bear a greater burden for many cancers. Use AICAF's Cancer Burden Booklet to learn about these health inequities, and help raise awareness of #IndigenousCancerSurvivors everywhere: http://ow.ly/HFh150z5H0q
3-Jun	After his colon cancer diagnoses, Robert DesJarlait (Red Lake Ojibwe) became a huge advocate for screening, explaining "Creator put me in this role in the community to speak out about it." Read Robert's story, and stories from other brave CRC #survivors http://ow.ly/Paic50z7NMF	After his colon cancer diagnoses, Robert DesJarlait (Red Lake Ojibwe) became a huge advocate for screening, explaining "Creator put me in this role in the community to speak out about it." Read Robert's story, and stories from other brave CRC #survivors http://ow.ly/Paic50z7NMF
4-Jun	The transition to survivorship once cancer treatment ends can be overwhelming. Use this Survivorship Care Plan to learn about what you might experience as a recent #IndigenousCancerSurvivor, and ways to make the transition easier on your body and mind. http://ow.ly/JH0k50z73jG	The transition to survivorship once cancer treatment ends can be overwhelming. Use this Survivorship Care Plan to learn about what you might experience as a recent #IndigenousCancerSurvivor, and ways to make the transition easier on your body and mind. http://ow.ly/JH0k50z73jG
6-Jun	Knowing your family health history is important. It helps you learn your risks for developing chronic diseases and cancers, and allows you to take action to prevent them. Complete this Family History Tree to stay informed about your health risks: http://ow.ly/TQzm50z74rm	Knowing your family health history is important. It helps you learn your risks for developing chronic diseases and cancers, and allows you to take action to prevent them. Complete this Family History Tree to stay informed about your health risks: http://ow.ly/TQzm50z74rm
7-Jun	It's National Cancer Survivors Day! Today we celebrate the strength and resilience of #IndigenousCancerSurvivors and honor our relatives who have passed. Learn how to get involved and honor a loved one today: http://ow.ly/qe4S50z73zE	It's National Cancer Survivors Day! Today we celebrate the strength and resilience of #IndigenousCancerSurvivors and honor our relatives who have passed. Learn how to get involved and honor a loved one today: http://ow.ly/qe4S50z73zE
8-Jun	Using traditional healing practices with Western treatments can help reduce cancer symptoms and side effects, and manage the emotional impacts of a cancer diagnosis. Learn how you can heal by incorporating both into your cancer care plan: https://bit.ly/indghealing	Using traditional healing practices with Western treatments can help reduce cancer symptoms and side effects, and manage the emotional impacts of a cancer diagnosis. Learn how you can heal by incorporating both into your cancer care plan: https://bit.ly/indghealing
9-Jun	Providers: You play a key role in cancer survivors' medical care. Stay up to date on current, evidence-based care practices by taking the Cancer Survivorship E-Learning Series for Primary Care Providers. It's a self-paced, online training and offers free continuing education credits: www.gwccacademy.org	Overwhelmed by information on cancer survivorship? The Cancer Survivorship E-Learning Series for Primary Care Providers provides practical guidance on improving and coordinating care for survivors. Learn more: www.gwccacademy.org
10-Jun	According to the National Cancer Institute, there are about 16.9 million cancer survivors living in the United States, and this number is projected to increase to more than 21 million by 2029! Stay informed and learn more #CancerSurvivorship facts: http://ow.ly/KFBR50z74Bj	According to the National Cancer Institute, there are about 16.9 million cancer survivors living in the United States, and this number is projected to increase to more than 21 million by 2029! Stay informed and learn more #CancerSurvivorship facts: http://ow.ly/KFBR50z74Bj
11-Jun	The first thought that ran through Elnora Thompson's (Cherokee) mind when she was diagnosed with breast cancer was "Let's get in there and get it out." Learn about Elnora's inspiring journey, and read stories from other brave breast cancer #survivors http://ow.ly/a8ur50z7MjG	The first thought that ran through Elnora Thompson's (Cherokee) mind when she was diagnosed with breast cancer was "Let's get in there and get it out." Learn about Elnora's inspiring journey, and read stories from other brave breast cancer #survivors http://ow.ly/a8ur50z7MjG

12-Jun	Research shows physical activity is helpful during and after cancer treatment. It can lower your risk of recurrence and help you feel better once treatment ends. Talk to your care team about how exercise can support your survivorship journey. Learn more: http://ow.ly/vMDV50umSbw	Research shows physical activity is helpful during and after cancer treatment. It can lower your risk of recurrence and help you feel better once treatment ends. Talk to your care team about how exercise can support your survivorship journey. Learn more: http://ow.ly/vMDV50umSbw
13-Jun	Eating healthy Indigenous food helps provide our bodies with the strength it needs to heal from #cancer. This #IndigenousCancerSurvivor resource provides nutritional information and guidance to help support your cancer journey. http://ow.ly/gHKB50z7QSF	Eating healthy Indigenous food helps provide our bodies with the strength it needs to heal from #cancer. This #IndigenousCancerSurvivor resource provides nutritional information and guidance to help support your cancer journey. http://ow.ly/gHKB50z7QSF
15-Jun	Our ancestors recognized that how we care for our bodies is important, yet Native people still experience some of the highest cancer rates in the U.S. Revisiting #IndigenousLifeways can help reclaim our health & end cancer burdens for future generations! http://ow.ly/MRBT50z2h2Y	Our ancestors recognized that how we care for our bodies is important, yet Native people still experience some of the highest cancer rates in the U.S. Revisiting #IndigenousLifeways can help reclaim our health & end cancer burdens for future generations! http://ow.ly/MRBT50z2h2Y
16-Jun	Getting regular exercise keeps our bodies healthy and can help prevent cancer. Use the "Active Lifestyles for Strong Native Communities" resource to learn how to incorporate more traditional movement into your lifestyle! #IndigenousLifeways http://ow.ly/oz4W50z7Pds	Getting regular exercise keeps our bodies healthy and can help prevent cancer. Use the "Active Lifestyles for Strong Native Communities" resource to learn how to incorporate more traditional movement into your lifestyle! #IndigenousLifeways http://ow.ly/oz4W50z7Pds
18-Jun	"Early detection may have saved my life," said AICAF CEO and cervical cancer survivor Kris Rhodes (Bad River & Fond du Lac Chippewa). Read about Kris's journey, and learn from other #IndigenousCancerSurvivors why cervical cancer screening is important: http://ow.ly/Ec6o50z7MOK	"Early detection may have saved my life," said AICAF CEO and cervical cancer survivor Kris Rhodes (Bad River & Fond du Lac Chippewa). Read about Kris's journey, and learn from other #IndigenousCancerSurvivors why cervical cancer screening is important: http://ow.ly/Ec6o50z7MOK
20-Jun	As a caregiver, you too are experiencing the challenges, responsibilities and life-changing effects of cancer and its treatment. Use these resources and learning tools to help support you on your caregiving journey. http://ow.ly/mENg50umTjw	As a caregiver, you too are experiencing the challenges, responsibilities and life-changing effects of cancer and its treatment. Use these resources and learning tools to help support you on your caregiving journey. http://ow.ly/mENg50umTjw
22-Jun	Depending on your cancer stage, treatment plan, and type of employment, you may be able to continue working through treatment. Learn more about cancer in the workplace and your rights: http://ow.ly/gBmV50umTkE	Depending on your cancer stage, treatment plan, and type of employment, you may be able to continue working through treatment. Learn more about cancer in the workplace and your rights: http://ow.ly/gBmV50umTkE
23-Jun	Providers: It's essential for survivors to have comprehensive follow-up care after treatment ends; it can help lower the risks of physical or psychosocial impacts that cancer can cause. This toolkit provides resources to help health care providers with implementing #CancerSurvivorship guidelines: http://ow.ly/WVzP50z75hT	Providers: It's essential for survivors to have comprehensive follow-up care after treatment ends; it can help lower the risks of physical or psychosocial impacts that cancer can cause. This toolkit provides resources to help health care providers with implementing #CancerSurvivorship guidelines: http://ow.ly/WVzP50z75hT
27-Jun	Cancer found after treatment, and after a period of time when cancer could not be detected is called "recurrence." Follow up with your cancer care team to understand your risk for recurrence. Learn more: http://ow.ly/Q4D250umTno	Cancer found after treatment, and after a period of time when cancer could not be detected is called "recurrence." Follow up with your cancer care team to understand your risk for recurrence. Learn more: http://ow.ly/Q4D250umTno
30-Jun	Take AICAF's Survivor Support Survey to help their team determine the needs of #IndigenousCancerSurvivors and caregivers, and learn about how to best support them on their journeys. http://ow.ly/oYa450z7RvD	Take AICAF's Survivor Support Survey to help their team determine the needs of #IndigenousCancerSurvivors and caregivers, and learn about how to best support them on their journeys. http://ow.ly/oYa450z7RvD

