MY STYLE MATTERS, INC.

Kick Can't-cer Program

Support...Empower...Educate...Advocate

My Style Matters is a 501c3 grassroots non-profit organization, dedicated to providing lifestyle educational programs and supportive services for people of all ages, leading to a better quality of life.
My Style Matters was founded in 2017 after co-founder, Tiah Tomlin, was diagnosed with an aggressive form of breast cancer. Seeing gaps in supportive services while on her healing journey, Tiah wanted to be apart of the solution.

Our Signature program, Kick Can’t-cer, is dedicated to supporting, advocating, empowering and educating cancer survivors, caregivers and the community at large about cancer and cancer prevention in an effort to end disparities.

H.O.P.E.
Helping Others through Peer support, Prevention and Education!

KICK CAN’T-CER CARE KITS
Household and Personal care products are manufactured with over 10,500 unique chemical ingredients. Some of these ingredients are known or suspected carcinogens, toxic to the reproductive system or known to disrupt the endocrine system, which can lead to cancer. With this in mind, we provide non-toxic care kits as a tool to educate and help survivors get started with making lifestyle changes.

H.O.P.E. OUTREACH AND EDUCATION
According to American Cancer Society, 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. Considering these alarming statistics, we are committed to increasing public awareness about cancer and cancer prevention via community outreach and educational workshops for all ages.

H.O.P.E. RETREAT
Information is one thing but an experience can last a lifetime. This is why we invite survivors to join us at our H.O.P.E. Retreats where they can spend a weekend, experiencing what living a healthy lifestyle is like.

ADVOCACY
Through our advocacy program, survivors and supporters are trained to use their stories to influence recommendations and policy issues that impact cancer care.

SUPPORT
We aim to support and improve the lives of men and women who are affected by cancer by providing the following:

- **Peer 2 Peer Support:** we provide hand-holding support to those who are undergoing treatment and beyond. This includes patient advocacy, attending patient doctor and infusion visits, conducting sister-2-sister wellness checks, and much more.

- **Group Support:** Our sisterhood, My Breast Years Ahead, is a non-traditional support group intended for women living in the Greater Atlanta area that have been affected by cancer. With close to 500 women, this community ensures that No Sister Walks This Journey Alone.

- **Financial Resources:** We provide financial resources to those that are undergoing treatment in an effort to relieve some of the the financial burden that often comes with being diagnosed.

- **Celebration of Life Events:** we offer fun-filled events for survivors and caregivers where we honor survivors at all stages and celebrate life.

"My Style Matters inspires me to keep fighting for myself and others, and focus on living intentionally!"
- Michele, Survivor
According to American Cancer Society, 1 in 2 men and 1 in 3 women will be diagnosed with cancer in their lifetime. Considering these alarming statistics, My Style Matters is committed to increasing public awareness about cancer and cancer prevention via community outreach and educational workshops for all ages. See below for a list of our H.O.P.E workshops.

BREAST HEALTH MATTERS
This workshop is designed to bring breast cancer awareness to young girls (13yrs +) and women and to encourage their commitment to lifelong breast health. 1.5hr

HEALTHY HOME MATTERS
Let us help you discover healthy, non-toxic tools to cleanse your home. We’ll teach you about the health benefits of reducing the use of toxic cleaning products and we will even show you how to make some of your own products. 2.0hr

HEALTHY SKIN CARE MATTERS
Discover the importance of non-toxic skincare while you learn how to make your own personal care products. 2.0hr

JUICING MATTERS
Learn the difference between juicing and blending and how they can help improve your overall health. 2.0hr

NUTRITION MATTERS
Learn how to follow a healthy lifestyle by choosing foods that are appropriate for you. 1.5hr

For more information about our workshops, please contact us: info@mystylematters.org
Visit Us: www.mystylematters.org
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In Partnership By:

AMGEN
Oncology

prevent cancer
FOUNDATION
We recognize that fighting this battle alone can not be achieved. That is why we are looking to partner with organizations like yours. This partnership will help us to reach our fundraising goals and to make a difference in the lives of cancer patients and their families. Additionally, your support shows that you care and are committed to helping combat this disease.

For more information on how you can partner with My Style Matters, please contact us:

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