



ABOUT THE EVENT

It is a **24 hour** event packed with fun activities, on stage entertainment and contests!

Volunteer run and **team-based** event that raises awareness and funds to support cancer prevention, detection and radiation therapy treatment available at BCHC.

Camp out **overnight** - we encourage you to pack your tent and stay the night to support all the walkers.

Teams will have a variety of food and beverages available for purchase during the 24 hour event. Teams may bring their own or purchase from other team's fundraisers.

Special ceremonies will be held throughout the 24 hour period to...

Celebrate those who have overcome cancer.

Remember those who have lost their battle.

Fight Back against cancer in Bermuda.

Celebrate.

Remember.

Fight Back.

Mission Statement

The mission of Relay For Life of Bermuda is to raise awareness and funds to support cancer prevention, detection and treatment available at Bermuda Cancer and Health Centre.

Equal Access to Services

Equal Access Fund provides residents, regardless of their level of health insurance or ability to pay, access to services provided by Bermuda Cancer and Health Centre.

Services

Bermuda Cancer and Health Centre provides:

- 3-D and Digital Mammography
- Ultrasound
- Bone Densitometry
- Breast Biopsies
- Radiation Therapy

REDUCE YOUR CANCER RISK



HEALTHY DIET

Eat more fruits & vegetables, and more food with low sugar & salt contents



REGULAR EXERCISE

Exercise at least 30 minutes per day and 5 times a week



QUIT SMOKING/ LIMIT ALCOHOL

Every cigarette and alcoholic drink damages your health



PRESENTED BY
Liberty Mutual
INSURANCE



FRI 12 - SAT 13 MAY, 2023

NATIONAL SPORTS CENTRE, NORTH FIELD

Team Registration Deadline: 30th April 2023

CANCER SURVIVORS, TEAMS, SPONSORS, VOLUNTEERS & GENERAL PARTICIPATION WELCOME!

PLATINUM SPONSORS



BermudaRelay.com

236-1001 | relayforlife@chc.bm



BECOME A TEAM CAPTAIN

As a team captain, your role is to recruit, motivate and inform your Relay Team. A team captain's three key tasks are to:

- 1. RECRUIT:** Aim to build a team of 10-15 people to help plan and take turns walking around the track during the 24 hour event.
- 2. MOTIVATE:** Guide your team to plan and create goals. Set realistic fundraising goals and come up with fun pre-event and onsite fundraising activities.
- 3. INFORM:** Communicate regularly, attend team captain meetings, share and delegate tasks to your team. Forward important information to your team to keep them in the loop.

NOTE: Participants are asked to raise a minimum of \$100 each and will receive the 2020 Relay For Life T-shirt. Teams hold fundraising events leading up to Relay, and host fundraising activities at the Relay event.

Monthly meetings are held to provide information and support:

www.bermudarelay.com/team-management

Scan to Register!



EVENT REGISTRATION

Here is what you need to know about registering for Relay For Life of Bermuda:

- Team Captains register teams ONLINE ONLY at: www.bermudarelay.com/register
- Registration is \$10 per person, \$15 after April 15th.
- Registration closes on April 30th.
- Helpful guides are online to make the registration process easier.
- Face-to-face appointments can be made with our Relay committee to help with registration.

BermudaRelay.com

Celebrating 10 Years

**RELAY FOR LIFE
OF BERMUDA
2014 - 2023**

Celebrate.

Remember.

Fight Back.

HOW TO GET INVOLVED

Join a Team

Find 10-15 friends, family and colleagues and register a team. It's easier than you think!

bermudarelay.com/register

Sponsor the Event

Support the mission by making a financial donation or donate goods or services. For more information, visit:

bermudarelay.com/sponsor

Volunteer

It takes hundreds of volunteers to make the event a success. For more information, visit:

bermudarelay.com/volunteer

Celebrate Survivors & Caregivers

All cancer survivors are invited to participate in the survivors' lap. For more information, Visit:

bermudarelay.com/survivors

General Admission

No team? No Problem!

Wristbands provide 24-hour access to the event!

Bring additional cash to take part in games, raffles and to purchase refreshments. Visit: bermudarelay.com

General Admission Wristbands

65 yrs+	\$5	5 - 12 yrs	\$5
13 - 64 yrs	\$15	Under 5	Free