

Some Heroes Who Have Helped Me (Resources)

Winning the Breast Cancer Battle: Empowering Warriors and Guiding Loved Ones
By Karen Iverson

American Cancer Society—education, support, wigs

(<https://www.cancer.org>)

Beautiful Self—free photo shoots to empower women with breast cancer

(<https://www.beautifulself.org>)

CancerCare—provides financial support (<https://www.cancercare.org>)

Cancer Positive—inspiring stories for cancer sufferers

(<http://becancerpositive.org>)

Caring Bridge—website to disseminate information to love ones

(<https://www.caringbridge.org>)

Casting for Recovery—free fly fishing retreats (castingforrecovery.org)

Chemo Angels—support (<https://www.chemoangels.com>)

Cleaning for a Reason—free cleaning services

(<https://cleaningforareason.org>)

Compassion Partners—free Universal Studios or Sea World tickets

(407-396-5320)

Fighting Pretty—“pretty” packages with pink boxing gloves (\$30 donation)

(<https://www.fightingpretty.org>)

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France Luxe—free scarf (goodwishesscarves.org)

Grants—

Beauty Foundation for Cancer Care (<http://www.beautyfoundationnj.com>)

The Samfund (<http://www.thesamfund.org>)

Hair to Stay—Scalp cooling system (<http://www.hairtostay.org>)

Live Strong—support, resources, free YMCA weight lifting program
(<https://www.livestrong.org>)

Locks of Love—takes hair donations and gives free wigs to children
(<https://locksoflove.org>)

Look Good Feel Better—free makeup and class (lookgoodfeelbetter.org)

Peapod*—grocery delivery for a fee (<https://www.peapod.com>)

*Many stores will now deliver as well.

Peninsula Medical—free alert band for lymphedema (reidsleeve.com)

Sharsheret—support for women of Jewish descent
(<https://sharsheret.org>)

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Stupid Cancer—support for patients under 40 (<https://stupidcancer.org>)

TFL—Tennis for Life—free tennis (<http://www.tennisforlife.org>)

TLC**—tender loving care—American Cancer Society— wigs for purchase
(<https://www.tlcdirect.org>)

**Local American Cancer Society offices often have free wigs

Vacations and retreats—free or financially assisted

Camp Make-A-Dream (<https://www.campdream.org>)

Epic Experience Beyond Cancer (<https://www.epicexperience.org>)

First Descents (firstdescents.org)

Harmony Hill Healing Retreat (<https://www.harmonyhill.org>)

Mary's Place by the Sea (<https://www.marysplacebythesea.org>)

Project Koru (<https://www.projectkoru.org>)

Send It Foundation—ages: 18–40 (<https://www.senditfoundation.org>)

Waves of Grace (<https://www.waves-of-grace.org>)

Yoga— Yoga for Cancer (<https://y4c.com>)

Give Back Yoga (<https://givebackyoga.org>)

In addition, my cancer center ,and other local hospitals, offer free support groups, art therapy, yoga, cooking classes, etc.