



## How Kids Can Make a Difference Against Cancer

### What is Relay Recess?

The Cancer Association of South Africa (CANSA) Relay Recess brings education and community service to your child's classroom in a fun and exciting way that also allows students to become healthy and cancer-smart. Through a Relay Recess programme, your child will learn about cancer and steps they can take to reduce their risk of developing the disease and stay healthy. They'll also have the chance to get out of the classroom and have fun with entertainment and activities that reinforce what they have learned in school.

#### **Participating in the Relay Recess programme benefits your children by:**

- Engaging them in community service activities
- Teaching them habits that will enable them to lead healthy lives
- Linking their fundraising efforts to how it will make a difference in their community through CANSA services and programmes
- Unifying our school with our community for a common cause

### Impacting our community

Kids can make a difference in the fight against cancer in our own community! The Relay Recess program provides teachers and parents with resources to help make fundraising for the Cancer Association of South Africa fun, easy, and educational with classroom, school-wide, and online fundraising available. The funds raised from your child's Relay Recess event will help CANSA save lives and create a healthy and cancer-smart world.

### Fun and engaging activities and educational programming:

The Cancer Association of South Africa Relay Recess helps your child and your family start on a lifelong path to healthier living and educates you about how to reduce your chances of getting cancer through:

- Physical Activity
- Good Nutrition
- Sun Safety
- Tobacco Prevention

Join us in the fight against cancer! To find out more about the Relay Recess programme and its cancer education activities, call **0800 22 66 22** or [www.relayforlife.org.za](http://www.relayforlife.org.za)