

# TOP 10 WAYS YOU CAN SHARE THE 3-DAY SPIRIT

The best person to convince someone to commit to the Susan G. Komen 3-Day® is someone who has already committed and crushed it, and is ready to commit again. Someone who's walking the walk. *Someone like YOU!*



## 1.

If you're not already on a team, start one! This will be the easiest way to support and connect all of the people you'll be introducing to the Komen 3-Day.

## 2.

Talk to everyone—family, friends, neighbors and coworkers—about your experience with and passion for the 3-Day®. Encourage them to register for the 3-Day and join your team. And then ask them to talk to those same people in their lives and get them to join you as well.

## 3.

Use a Facebook Fundraiser and other social media to recruit team members, as well as for fundraising.

## 4.

Print JOIN ME cards from [The3Day.org/Recruit](http://The3Day.org/Recruit) and pass them out.

## 5.

Connect with your online community via social media. Check out our suggested messages at [The3Day.org/Social](http://The3Day.org/Social) for ideas on what to share.

## 6.

Follow up with everyone you've talked to about joining your 3-Day team. If they still have questions, put them in touch with your 3-Day coach.

## 7.

Ask your employer if you can host an informational session and hang up posters around the office. Tell everyone to bring their lunch and learn more about your team, and provide dessert in return for their time. If you'd like a local coach to show up and help, let us know!

## 8.

Wear your 3-Day Victory T-shirt (or buy a new shirt at [ShopKomen.com](http://ShopKomen.com)®) everywhere you go as a conversation starter, and encourage your teammates to do the same.

## 9.

Go to [The3Day.org/Teams](http://The3Day.org/Teams) for other resources, including a "Join MyTeam" poster to print, an eCard, sample recruitment messages and more.

## 10.

Use the fact sheets at [The3Day.org/Infographics](http://The3Day.org/Infographics) to educate people if they have questions about breast cancer or the work that Komen is doing to fight it.