



American Indian  
Cancer Foundation.

The American Indian Cancer Foundation (AICAF) created the **Survivorship Awareness Month** media toolkit that includes sample social media posts for Facebook and Twitter. The following content can be easily copied and pasted into the platform of your choice. Please feel free to personalize these posts with pictures and information that is unique to your community! We have highlighted a cancer champion we know, breast cancer survivor Melinda Buffalo-Wanatee (Meskwaki) - we encourage you to share her story, as well as to uplift the voices of the cancer survivors in your community.

Date	Facebook	Twitter
6/1	June is Survivorship Awareness Month! The transition to survivorship once active cancer treatment ends can create a range of emotions. Learn about what you might experience as a recent cancer survivor, and ways to make the transition easier on your body and mind. <a href="http://ow.ly/s28k50umS0v">http://ow.ly/s28k50umS0v</a>	June is #SurvivorshipAwarenessMonth! Transitioning to survivorship once active cancer treatment ends can create a range of emotions. Learn what you might experience as a recent survivor, and about ways to make the transition easier on your body and mind <a href="http://ow.ly/s28k50umS0v">http://ow.ly/s28k50umS0v</a>
6/2	Today is National Cancer Survivors Day! A cancer survivor is anyone who has faced cancer, from the initial time of diagnosis, through treatment and remission, until their journey into the spirit world. Learn how to get involved and honor a loved one today: <a href="https://www.ncsd.org/index.htm">https://www.ncsd.org/index.htm</a>	Today is #NationalCancerSurvivorDay! A cancer survivor is anyone who has faced cancer, from the initial time of diagnosis, through treatment and remission, until their journey into the spirit world. Get involved and honor a loved one today <a href="https://www.ncsd.org/index.htm">https://www.ncsd.org/index.htm</a>
6/4	Did you know that breast, colorectal, head and neck and prostate cancer survivors have unique follow-up care needs? AICAF's Survivorship Care Plan resource helps keep your health care records organized and makes it easier to monitor your unique health needs: <a href="http://ow.ly/spex50umS3E">http://ow.ly/spex50umS3E</a>	Did you know that breast, colorectal, head & neck and prostate cancer #survivors have unique follow-up care needs? AICAF's Survivorship Care Plan resource helps keep your health care records organized and makes it easier to monitor your unique needs: <a href="http://ow.ly/spex50umS3E">http://ow.ly/spex50umS3E</a>
6/6	Maintaining a healthy diet full of indigenous foods before, during and after cancer treatment can help your body heal! Use AICAF's Eating Well Together resource to learn how to support healthy eating habits on your healing journey. <a href="http://ow.ly/Z9Dq50umS5l">http://ow.ly/Z9Dq50umS5l</a>	Maintaining a healthy diet full of indigenous foods before, during and after cancer treatment can help your body heal! Use AICAF's Eating Well Together resource to learn how to support healthy eating habits on your healing journey. <a href="http://ow.ly/Z9Dq50umS5l">http://ow.ly/Z9Dq50umS5l</a>
6/8	According to the National Cancer Institute, it is estimated that there are about 16.9 million cancer survivors living in the United States. This number is projected to increase to more than 21 million by 2029! Stay informed and learn more survivorship facts: <a href="http://ow.ly/uBIO50umS73">http://ow.ly/uBIO50umS73</a>	According to @theNCI, it is estimated that there are about 16.9 million cancer #survivors living in the U.S. This number is projected to increase to more than 21 million by 2029! Stay informed and learn more survivorship facts: <a href="http://ow.ly/uBIO50umS73">http://ow.ly/uBIO50umS73</a>
6/10	Talking with your doctor after a cancer diagnosis can be very overwhelming. With so many different treatment options available, knowing what questions you should ask becomes stressful. Check out AICAF's new "Questions to Ask: Treatment" template to help guide you through your next appointment and make the most of your care. <a href="http://ow.ly/CMiL50umS9Q">http://ow.ly/CMiL50umS9Q</a>	With so many different cancer treatment options available, knowing what questions to ask your doctor can be stressful. AICAF's new "Questions to Ask: Treatment" template helps guide you through your next appointment to make the most of your care. <a href="http://ow.ly/CMiL50umS9Q">http://ow.ly/CMiL50umS9Q</a>

6/12	Research shows physical activity is helpful during and after cancer treatment. It can lower your risk of recurrence and help you feel better once treatment ends. Talk to your health care team about how exercise can support your survivorship journey. For more tips visit: <a href="http://ow.ly/vMDV50umSbw">http://ow.ly/vMDV50umSbw</a>	Physical activity can be helpful during and after cancer treatment, lowering the risk of recurrence and helping you feel better once treatment ends. Talk to your health care team about how exercise can support your #survivorship journey. Learn more: <a href="http://ow.ly/vMDV50umSbw">http://ow.ly/vMDV50umSbw</a>
6/13	Breast cancer survivor Melinda Buffalo-Wanatee (Meskwaki Nation) encourages Native people: "Don't be afraid of your bodies." Read about Melinda's journey, and learn what this cancer warrior does to keep herself, her family, and her community healthy. <a href="http://ow.ly/8WIR50usYO1">http://ow.ly/8WIR50usYO1</a>	Breast cancer survivor Melinda Buffalo-Wanatee (Meskwaki Nation) encourages Native people: "Don't be afraid of your bodies." Read about Melinda's journey, and learn what this cancer warrior does to keep herself, her family, and her community healthy.
6/15	American Indian and Alaska Native cancer survivors have unique needs compared to non-Natives. AICAF would like to better understand Native cancer survivors' unique needs and the ways it can best support families across Indian Country. Take the Survivor Support Survey for a chance to win 1 of 4 Amazon Gift cards! <a href="http://ow.ly/liXT50umVQt">http://ow.ly/liXT50umVQt</a>	AI/AN cancer #survivors have unique needs compared to non-Natives. AICAF would like to better understand Native survivors' unique needs & ways to best support families across Indian Country. Take the Survivor Support Survey for a chance to win a gift card <a href="http://ow.ly/liXT50umVQt">http://ow.ly/liXT50umVQt</a>
6/17	Traditional healing practices and medicines can play an important role on your path to survivorship. Use AICAF's "Questions to Ask: Traditional & Holistic Healing" template to help guide discussions with your healthcare team about cultural healing practices and cancer treatment at your clinic. <a href="http://ow.ly/Jxi150umT4H">http://ow.ly/Jxi150umT4H</a>	Traditional healing practices and medicines can play an important role on your path to #survivorship. AICAF's "Questions to Ask: Traditional & Holistic Healing" template helps guide discussions with your doctor about cultural healing practices: <a href="http://ow.ly/Jxi150umT4H">http://ow.ly/Jxi150umT4H</a>
6/19	As a caregiver, you too are experiencing the challenges, responsibilities and life-changing effects of cancer and its treatment. Use these resources and learning tools to help support you on your caregiving journey. <a href="http://ow.ly/mENg50umTjw">http://ow.ly/mENg50umTjw</a>	As a #caregiver, you too are experiencing the challenges, responsibilities and life-changing effects of cancer and its treatment. Use these resources and learning tools to help support you on your caregiving journey. <a href="http://ow.ly/mENg50umTjw">http://ow.ly/mENg50umTjw</a>
6/20	Depending on your cancer stage, treatment plan and type of employment, you may be able to continue working through treatment. Learn more about cancer in the workplace and your rights: <a href="http://ow.ly/gBmV50umTKE">http://ow.ly/gBmV50umTKE</a>	Depending on your cancer stage, treatment plan and type of employment, you may be able to continue working through treatment. Learn more about cancer in the workplace and your rights: <a href="http://ow.ly/gBmV50umTKE">http://ow.ly/gBmV50umTKE</a>
6/24	Providers: It's essential for survivors to have comprehensive follow-up care after treatment ends; it can help lower the risks of physical or psychosocial impacts that cancer can cause. This toolkit provides resources to help health care providers with implementing cancer survivorship guidelines: <a href="http://ow.ly/E7lb50umTm2">http://ow.ly/E7lb50umTm2</a>	#Survivors need comprehensive follow-ups after treatment ends to help lower risks of physical or psychosocial impacts that cancer can cause. This toolkit provides resources to help health care providers with implementing cancer survivorship guidelines: <a href="http://ow.ly/E7lb50umTm2">http://ow.ly/E7lb50umTm2</a>
6/26	Cancer found after treatment, and after a period of time when cancer could not be detected is called "recurrence." Follow up with your cancer care team to understand your risk for recurrence. Learn more: <a href="http://ow.ly/Q4D250umTno">http://ow.ly/Q4D250umTno</a>	Cancer found after treatment, and after a period of time when cancer could not be detected is called "recurrence." Follow up with your cancer care team to understand your risk for recurrence. Learn more: <a href="http://ow.ly/Q4D250umTno">http://ow.ly/Q4D250umTno</a>