



Volunteer with Brem



BREM

DETECT EARLY. SAVE LIVES.



Education

Get Screened! On-Time Every Time

Early Detection Webinar

Are you involved in a community group that you think could benefit from Brem's free virtual early detection education? Would your workplace be interested in hosting Brem for a wellness program: Lunch & Learn or Happy Hour style? Host a Brem Expert Educator to inform your group about top questions to ask a doctor, risk factors for breast cancer, screening options and how to advocate for the care women deserve. Contact us to schedule today!



Brem & _____ (book club, brunch, bubbles)

Host a Brem Zoom Meeting!

Grab your group and host an informal virtual gathering to talk about the Brem Foundation. Add value to your book club, ladies who brunch, happy hour or other social groups by mixing up the regular content with life saving information. A Brem team member can join to discuss Brem's programs, show the Push Back video: <https://www.bremfoundation.org/pushback>, and digitally distribute education materials. Contact us to schedule and share valuable information with the women you love.





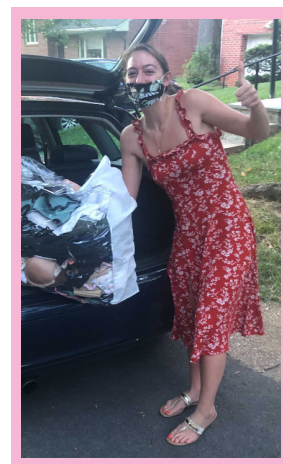
Re-Bra

Re-Bra is a unique, innovative, and easy way to donate bras to women in need. Every bra is cleaned before being donated, and includes breast health information and local screening resources in English and Spanish. For more information about Re-Bra, please visit:

<http://www.bremfoundation.org/rebra-about/>

How can you help?

- Help with bra pick up from designated dropboxes and transporting bras to and from the cleaners, and donation partners
- Organize a bra drive to collect bras in your community
- Host a socially distanced outdoor bra tagging party



Fundraising

Wheels for Women

Wheels for Women offers free transportation to and from breast health appointments, ensuring that women have access to breast screenings. This great initiative, in partnership with Lyft, helps women get to and from their breast care appointments. A donation of \$30 provides one ride. You can learn more about Wheels for Women and how to start a fundraiser to provide more rides to women in need by visiting:

<https://www.bremfoundation.org/accessforwomeninneed> and <https://www.classy.org/campaign/wheels-for-women/c250414>

Host an Event to Benefit Brem

Do you love Trivia? Have you always wanted to learn from a professional mixologist? The Brem team can help you brainstorm a creative virtual party with your friends and community to benefit Brem and spread the word about early detection. Stay connected with friends while benefiting a good cause! We're buzzing with ideas and can't wait to launch a fun and meaningful event.

Facebook Fundraising Campaign & Crowdfunding

Consider launching a Facebook fundraiser (or another crowdfunding campaign) to support Brem's important programs. The funds you raise will further early detection education, and increase access to diagnostics and screenings for women in need. Reach out for steps on how to create a campaign.



Become a Brem Social Media Ambassador

Share posts about important early detection information and upcoming events. Follow the Brem Foundation:

- Instagram @thebremfoundation
- facebook.com/thebremfoundation
- Twitter @bremfoundation

Get in Touch!

Brem Foundation
8720 Georgia Avenue, Suite 302
Silver Spring, MD 20910

202-505-1104
info@bremfoundation.org
<https://www.bremfoundation.org/>

