

BE A PART OF THE MOVEMENT TO END CANCER

UCI Anti-Cancer
Challenge

Join us for virtual opening ceremonies at 8 a.m.
and then ride, walk, run wherever you are!

SATURDAY, OCTOBER 3, 2020

FUNDRAISE FOR CANCER RESEARCH

- Use easy tools to earn great prizes like jerseys, water bottles, hotel stays, Angels and Ducks tickets
- Ask friends and family to support you
- Share your story
- [Start fundraising!](#)

TAKE ON FITNESS CHALLENGES

Download the app

- Track your activity
- The rider and run/walker that logs the most miles each week earns a prize
- [Learn more](#)

PARTICIPATE IN VIRTUAL HEALTH AND WELLNESS CLASSES

- Pilates and boot camp, spin classes, yoga and meditation
[Susan Samueli Integrative Health](#)
[Anteater Recreation Center](#)
[Additional free exercise and workout resources](#)
- [Learn more](#)

ATTEND EDUCATIONAL WEBINARS

**Every Thursday at 1 p.m.,
Aug. 13–Oct. 1**

Topics – Nutrition, Cancer, Skin Health, Digestive Health, Brain and Nerve Health, Women’s Health, Men’s Health and Sleep

Featuring renowned UCI faculty members.

[Click to join! Password: 2020](#)

**DOWNLOAD THE UCI ANTI-CANCER
CHALLENGE APP: IPHONE/ANDROID**



[ANTI-CANCERCHALLENGE.ORG](https://anti-cancerchallenge.org)