



American Indian Cancer Foundation®

The American Indian Cancer Foundation (AICAF) created the **Celebrate Indigenous Life** media toolkit that includes sample social media posts for Facebook and Twitter. The following content can be easily copied and pasted into the social media platform of your choice. Please feel free to personalize these posts with pictures and information that is unique to your community! You can also like and share social media posts from AICAF's social media pages.

Celebrate Indigenous Life Social Media Toolkit

#CelebrateIndigenousLife #IndigenousCancerSurvivor #IndigenousLifeways

Date	Facebook	Twitter
1-Jun	June is National Cancer Survivor Awareness Month! Survivorship begins at diagnosis and lasts throughout the lifespan. Since relatives & caregivers are impacted by a diagnosis, they too are survivors. Join us all month to #CelebrateIndigenousLife & the strength of our survivors by attending one of our three Cancer Support Circles. The first one is June 9 at 6 PM CST and hosted by AICAF Cancer Survivors Leadership Advisory Council member Louis Whitehead (Anishinaabe/Haudenosaunee). Register here: bit.ly/AICAFcircle2022	June is National Cancer Survivor Awareness Month! Survivorship begins at diagnosis and lasts throughout the lifespan. Since relatives & caregivers are impacted by a diagnosis, they too are survivors. Join us all month to #CelebrateIndigenousLife & the strength of our survivors by attending one of our three Cancer Support Circles. The first one is June 9 at 6 PM CST and hosted by AICAF Cancer Survivors Leadership Advisory Council member Louis Whitehead (Anishinaabe/Haudenosaunee). Register here: bit.ly/AICAFcircle2022
2-Jun	Cancer affects every population differently, but Native people bear a greater burden for many cancers. Use AICAF's Cancer Burden Booklet to learn about these health inequities, and help raise awareness of #IndigenousCancerSurvivors everywhere: http://ow.ly/HFh150z5H0q	Cancer affects every population differently, but Native people bear a greater burden for many cancers. Use AICAF's Cancer Burden Booklet to learn about these health inequities, and help raise awareness of #IndigenousCancerSurvivors everywhere: http://ow.ly/HFh150z5H0q
3-Jun	Our stories are sacred and healing to share. Learn from survivors about their journeys: http://ow.ly/J93R50ERKec	Our stories are sacred and healing to share. Learn from survivors about their journeys: http://ow.ly/J93R50ERKec
5-Jun	It's National Cancer Survivors Day! Today we celebrate the strength and resilience of #IndigenousCancerSurvivors and honor our relatives who have passed. Learn how to get involved and honor a loved one today: http://ow.ly/qe4550z73zE	It's National Cancer Survivors Day! Today we celebrate the strength and resilience of #IndigenousCancerSurvivors and honor our relatives who have passed. Learn how to get involved and honor a loved one today: http://ow.ly/qe4550z73zE
6-Jun	The transition to survivorship begins at diagnosis, and can be overwhelming. Use this Survivorship Care Plan to learn about what you might experience as a recent #IndigenousCancerSurvivor, and ways to make the transition easier on your body and mind. http://ow.ly/94mY50J6vqn	The transition to survivorship begins at diagnosis, and can be overwhelming. Use this Survivorship Care Plan to learn about what you might experience as a recent #IndigenousCancerSurvivor, and ways to make the transition easier on your body and mind. http://ow.ly/94mY50J6vqn
7-Jun	Knowing your family health history is important. It helps you learn your risks for developing chronic diseases and cancers, and allows you to take action to prevent them. Complete this Family History Tree to stay informed about your health risks: http://ow.ly/7KB650J6wch	Knowing your family health history is important. It helps you learn your risks for developing chronic diseases and cancers, and allows you to take action to prevent them. Complete this Family History Tree to stay informed about your health risks: http://ow.ly/7KB650J6wch
8-Jun	Using traditional healing practices with Western treatments can help reduce cancer symptoms and side effects, and manage the emotional impacts of a cancer diagnosis. Learn how you can heal by incorporating both into your cancer care plan: https://bit.ly/indghealing	Using traditional healing practices with Western treatments can help reduce cancer symptoms and side effects, and manage the emotional impacts of a cancer diagnosis. Learn how you can heal by incorporating both into your cancer care plan: https://bit.ly/indghealing
9-Jun	Join AICAF TODAY at 6 PM CST for the first virtual Cancer Survivor Support Circle of the month with AICAF Cancer Survivors Leadership Advisory Council member Louis Whitehead (Anishinaabe/Haudenosaunee) (acute myeloid leukemia & bone marrow transplant survivor) ! We invite all relatives affected by cancer to share their cancer journey or listen to others share their	Join AICAF TODAY at 6 PM CST for the first virtual Cancer Survivor Support Circle of the month! We invite all relatives affected by cancer to share their cancer journey or listen to others share their stories. Register here: bit.ly/AICAFcircle2022
9-Jun	Providers: You play a key role in cancer survivors' medical care. Stay up to date on current, evidence-based care practices by taking the Cancer Survivorship ELearning Series for Primary Care Providers. It's a self-paced, online training and offers free continuing education credits: www.gwccacademy.org	Overwhelmed by information on cancer survivorship? The Cancer Survivorship E-Learning Series for Primary Care Providers provides practical guidance on improving and coordinating care for survivors. Learn more: www.gwccacademy.org

10-Jun	According to the National Cancer Institute, there are about 16.9 million cancer survivors living in the United States, and this number is projected to increase to more than 21 million by 2029! Stay informed and learn more #CancerSurvivorship facts: http://ow.ly/KFBR50z74Bj	According to the National Cancer Institute, there are about 16.9 million cancer survivors living in the United States, and this number is projected to increase to more than 21 million by 2029! Stay informed and learn more #CancerSurvivorship facts: http://ow.ly/KFBR50z74Bj
13-Jun	"I'm here, because I'm alive, because I'm a survivor now today. That could change. I don't take that lightly, I don't take that for granted. I don't put my energy into that, not being true, but right now, today, I'm here and I am grateful for that." Learn about AICAF Cancer Survivors Leadership Advisory Council member Michaela Marchi's (Isleta Pueblo) (Lynch syndrome & colorectal cancer survivor) inspiring journey: http://ow.ly/UA9M50Jei5W	"I'm here, because I'm alive, because I'm a survivor now today. That could change. I don't take that lightly, I don't take that for granted. I don't put my energy into that, not being true, but right now, today, I'm here and I am grateful for that." Learn about AICAF Cancer Survivors Leadership Advisory Council member Michaela Marchi's (Isleta Pueblo) (Lynch syndrome & colorectal cancer survivor) inspiring journey: http://ow.ly/UA9M50Jei5W
14-Jun	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 care team about how exercise can support your survivorship journey. Learn more: http://ow.ly/vMDV50umSbw	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 care team about how exercise can support your survivorship journey. Learn more: http://ow.ly/vMDV50umSbw
15-Jun	Eating healthy Indigenous food helps provide our bodies with the strength it needs to heal from #cancer. This #IndigenousCancerSurvivor resource provides nutritional information and guidance to help support your cancer journey. http://ow.ly/8bfQ50J6xe7	Eating healthy Indigenous food helps provide our bodies with the strength it needs to heal from #cancer. This #IndigenousCancerSurvivor resource provides nutritional information and guidance to help support your cancer journey. http://ow.ly/8bfQ50J6xe7
16-Jun	Today is Celebrate Indigenous Life Day! This month we are focused on lifting up Indigenous cancer survivors and those affected by a cancer diagnosis. Join AICAF TODAY at 1 PM CST for a special webinar with AICAF Cancer Survivors Leadership Advisory Council member Robert DesJarlait (Red Lake Ojibwe) on "Art as Healing". Register here: https://bit.ly/CIL-art	Today is Celebrate Indigenous Life Day! This month we are focused on lifting up Indigenous cancer survivors and those affected by a cancer diagnosis. Join AICAF TODAY at 1 PM CST for a special webinar with AICAF Cancer Survivors Leadership Advisory Council member Robert DesJarlait (Red Lake Ojibwe) on "Art as Healing". Register here: https://bit.ly/CIL-art
17-Jun	Getting regular exercise keeps our bodies healthy and can help prevent cancer. Use the "Active Lifestyles for Strong Native Communities" resource to learn how to incorporate more traditional movement into your lifestyle! #IndigenousLifeways http://ow.ly/zJm850J6wJG	Getting regular exercise keeps our bodies healthy and can help prevent cancer. Use the "Active Lifestyles for Strong Native Communities" resource to learn how to incorporate more traditional movement into your lifestyle! #IndigenousLifeways http://ow.ly/zJm850J6wJG
20-Jun	"Early detection may have saved my life," said former AICAF CEO and cervical cancer survivor Kris Rhodes (Bad River & Fond du Lac Chippewa). Read about Kris's journey, and learn from other #IndigenousCancerSurvivors why cervical cancer screening is important: http://ow.ly/Ec6o50z7MOK	"Early detection may have saved my life," said former AICAF CEO and cervical cancer survivor Kris Rhodes (Bad River & Fond du Lac Chippewa). Read about Kris's journey, and learn from other #IndigenousCancerSurvivors why cervical cancer screening is important: http://ow.ly/Ec6o50z7MOK
21-Jun	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: http://ow.ly/eO6250EXYtX	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: http://ow.ly/eO6250EXYtX
22-Jun	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: http://ow.ly/gBmV50umTKE	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: http://ow.ly/gBmV50umTKE
23-Jun	In honor of #CelebrateIndigenousLife we are hosting a special webinar at 3 PM CST for health providers and community members to recognize clinics and health systems change within Urban Indian Health Programs. Register here: https://tinyurl.com/CelebratingUIHPs Cancer survivors and those affected by a diagnosis are also encouraged to attend a support circle hosted by AICAF Cancer Survivors Leadership Advisory Council member Carol Hernandez (Mille Lacs Band of Ojibwe) (lung cancer survivor). You can register for that here: bit.ly/CIL623	In honor of #CelebrateIndigenousLife we are hosting a special webinar at 3 PM CST for health providers and community members to recognize clinics and health systems change within Urban Indian Health Programs. Register here: https://tinyurl.com/CelebratingUIHPs Cancer survivors and those affected by a diagnosis are also encouraged to attend a support circle hosted by AICAF Cancer Survivors Leadership Advisory Council member Carol Hernandez (Mille Lacs Band of Ojibwe) (lung cancer survivor). You can register for that here: bit.ly/CIL623
24-Jun	Our ancestors recognized that how we care for our bodies is important, yet Native people still experience some of the highest cancer rates in the country. Revisiting #IndigenousLifeways can help reclaim our health & end cancer burdens for future generations! http://ow.ly/MRBT50z2h2Y	Our ancestors recognized that how we care for our bodies is important, yet Native people still experience some of the highest cancer rates in the country. Revisiting #IndigenousLifeways can help reclaim our health & end cancer burdens for future generations! http://ow.ly/MRBT50z2h2Y
27-Jun	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: http://ow.ly/Q4D250umTno	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: http://ow.ly/Q4D250umTno

29-Jun	Take AICAF's Survivor Support Survey to help their team determine the needs of #IndigenousCancerSurvivors and caregivers, and learn about how to best support them on their journeys. http://ow.ly/weko50J6wXb	Take AICAF's Survivor Support Survey to help their team determine the needs of #IndigenousCancerSurvivors and caregivers, and learn about how to best support them on their journeys. http://ow.ly/weko50J6wXb
30-Jun	Join AICAF TODAY for the last virtual Cancer Survivor Support Circle of the month with AICAF's Cancer Survivor Leadership Advisory Council Member Sarah Perrot (Prairie Band Potawatomi) (colorectal, uterine, & cervical cancer survivor)! Today's topic will be grief and loss. We invite all relatives affected by cancer to share their cancer journey or listen to others share their stories. Register here: bit.ly/630-CIL	Join AICAF TODAY for the last virtual Cancer Survivor Support Circle of the month with AICAF's Cancer Survivor Leadership Advisory Council Member Sarah Perrot (Prairie Band Potawatomi) (colorectal, uterine, & cervical cancer survivor)! Today's topic will be grief and loss. We invite all relatives affected by cancer to share their cancer journey or listen to others share their stories. Register here: bit.ly/630-CIL
		