



Spare Nothing for the Cure®

Sunday, October 19, 2014

Brunswick Zone - Chesterfield

Spare an Afternoon to Help Strike Out Breast Cancer at Spare Nothing for the Cure®

Spare some time to save lives and help strike out breast cancer by participating in the 6th Annual Spare Nothing for the Cure on Sunday, Oct. 19, 2014. This family-friendly bowling fundraiser benefits breast cancer research and local breast health programs funded by Susan G. Komen® St. Louis.

New for 2014:

Two types of bowling! Compete with your friends for top bowler prizes or add some silly alternatives to your game and bowl Just for Fun.

Costume contest! Show your spirit – whether it's pink or your Halloween best – and you may be rewarded for your creativity.

Raffles include the ever-popular baskets, 50/50 and Spare \$5 for a Strike.

The venue is Brunswick Zone Chesterfield, and bowlers choose from two sessions: 12-2 p.m. and 3-5 p.m.

Registration fee is \$30 per bowler.

During the past five years, hundreds of Spare Nothing for the Cure bowlers have helped raise more than \$87,000. These funds directly impact the breast health needs of local women, men and families. Seventy-five percent of the net funds raised by Komen St. Louis stays in the local community to fund life-saving breast health screening, education and patient navigation programs. The remaining twenty-five percent funds groundbreaking breast cancer research in St. Louis and beyond.

Join in the fight against breast cancer by bowling on Oct. 19. Can't participate? Please donate!

Visit www.komenstlouis.org to register for Spare Nothing for the Cure 2014.

Presenting Sponsor:

DOWD BENNETT LLP

Media Sponsors:

103.3 KLOU

WILD 104.9
PARTY HITS!

Z107.7
fm

Susan G. Komen® St. Louis

9288 Dielman Industrial Drive | St. Louis, MO 63132 | 314.569.3900 | komenstlouis.org

Facebook: [KomenStLouis](https://www.facebook.com/KomenStLouis) | Twitter: [@KomenSTL](https://twitter.com/@KomenSTL) | speialevents@komenstlouis.org



Spare Nothing for the Cure®

Sunday, October 19, 2014

Brunswick Zone - Chesterfield

6th Annual Susan G. Komen St. Louis Spare Nothing for the Cure®

Help strike out breast cancer by participating in Spare Nothing for the Cure on Sunday, Oct. 19. This family-friendly bowling fundraiser benefits breast cancer research and local breast health programs funded by Susan G. Komen® St. Louis.

About Susan G. Komen® St. Louis

Komen St. Louis' mission is to save lives and end breast cancer forever by empowering people, ensuring quality care for all and energizing science to find the cures. Komen St. Louis is dedicated to meeting the breast health needs of the women, men and families in its 17-county Missouri/Illinois service area. Through events like the Susan G. Komen St. Louis Race for the Cure®, Spare Nothing for the Cure® and other year-round fundraising opportunities, Komen St. Louis has invested more than \$39 million in the fight against breast cancer. Seventy-five percent of the net funds raised here stays in the St. Louis community to fund breast health screening, education and patient navigation programs. The remaining 25 percent goes toward groundbreaking breast cancer research in St. Louis and beyond. Visit www.komenstlouis.org. Call 314.569.3900. Like KomenStLouis on Facebook. Follow @KomenSTL on Twitter.

Take Action for Breast Self-Awareness

Being female and getting older are the most common risk factors for developing breast cancer. Susan G. Komen® encourages all women over age 40 to get a mammogram annually.

Susan G. Komen® recommends that you:

1. Know your risk
2. Get screened
3. Know what is normal for you
4. Make healthy lifestyle choices

Breast Cancer Facts

- One in eight women in the United States will be diagnosed with breast cancer in her lifetime
- The most common risk factors for breast cancer are being female and getting older
- With respect to age, race, religion and socioeconomic status, breast cancer knows no boundaries
- Breast cancer affects more than just the person diagnosed. Co-survivors (family, friends, co-workers) feel the effects too
- There are more than 3 million breast cancer survivors in the U.S. today

Susan G. Komen® St. Louis

9288 Dielman Industrial Drive | St. Louis, MO 63132 | 314.569.3900 | komenstlouis.org

Facebook: [KomenStLouis](https://www.facebook.com/KomenStLouis) | Twitter: [@KomenSTL](https://twitter.com/KomenSTL) | speialevents@komenstlouis.org