

FULL LIFE DIGEST

JANUARY 2024



A MESSAGE FROM OUR FOUNDER



**PREYAA
STRZALKOWSKI
FOUNDER**

Welcome to the Full Life Digest! As we close out a successful year and dive into 2024, we want to reflect on a big milestone.

We are proud to have donated **\$30,000** to Dana Farber's Lynch Syndrome Center to date, including our most recent donation of \$20,000 to further expand the collection network of the BioBank.

We established a partnership with Dana Farber Cancer Institute in 2021 and we are seeing the impact of *your* donations come to life. Dana Farber houses the country's only Lynch Syndrome Center and the [LS Registry/BioBank](#) is one of the main projects they have recently launched.

Per the Registry website, "The Lynch Syndrome Registry is enrolling individuals with known or suspected Lynch Syndrome in a research study that collects clinical information and biological samples to help researchers learn more about Lynch Syndrome with the goal of developing strategies that can improve prevention, early detection and treatment of cancer."

Looking Ahead:

Save the date! We are hosting our annual fundraiser on Thursday, April 11th at Harding's Restaurant in NYC. Join us for an evening of libations and bites as we raise funds for LS research. Early bird tickets are [on sale now.](#)

We thank you for a successful 2023 and look forward to continuing to support LS research throughout 2024.



FUNDRAISING & COMMUNITY OUTREACH ENDEAVORS

2023 EVENT HIGHLIGHTS

2

Fundraisers

FLF Gala - The Bowery Hotel

FLF hosted its first gala where 132 donors were in attendance. We had guest speakers from Dana Farber Cancer Institute who provided an update on where our donations have made an impact thus far.

Additionally, our keynote speaker was Dr. Fay Kastrinos, of Columbia University Irving Medical Center (CUIMC). She provided our donors with a comprehensive overview of current studies and clinical trials occurring in the field of LS, and how her patient care and research at CUIMC is making an impact on the Lynch Syndrome community. Thank you to all that attended!

Golf Tournament - Buffalo, NY

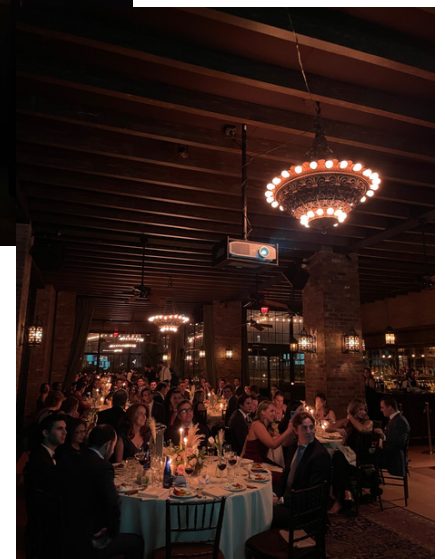
Thank you to Buffalo's Friends and Neighbors for choosing our charity as the beneficiary for this year's tournament. 144 golfers, 25 corporate sponsors, and 1 beautiful day on the course!

300+

Individual Donors

1

Community Outreach Event



American Cancer Society's Hope Lodge - New York, NY

FLF made its 3rd visit to the ACS' Hope Lodge located in NYC. The Full Life Foundation donated lunch and spent the afternoon with the patients, all possible thanks to the generous donations the foundation has received.

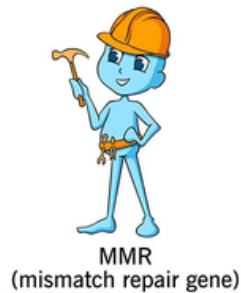
LYNCH SYNDROME: SIMPLIFIED

Lynch Syndrome

Normal



MMR has the instructions/tools to fix errors in DNA.



Lynch syndrome

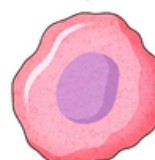


MMR does not have the appropriate instructions/tools...



So errors in the DNA cannot be fixed.

Abnormal cells build up and cause cancer.



Abnormal cell

Lynch syndrome puts you at a high risk of developing cancer because your mismatch repair gene doesn't have the tools to fix changes to your DNA*

*Cleveland Clinic

FUNDRAISING MADE EASY!

THERE ARE MANY WAYS YOU CAN SUPPORT OUR MISSION CHECK IT OUT!

Attend an FLF Event

- Join us for our next event at Harding's NYC on Thursday, April 11th. Tickets can be purchased [here](#).
- Check out our [Instagram](#) or [website](#) for updates on upcoming events.
- We've hosted an array of events from workout classes to social gatherings to virtual cooking classes with award-winning chefs.

Create a Facebook Fundraiser

- Go to Facebook Fundraisers on your profile
- Select "The Full Life Foundation for Lynch Syndrome" as your nonprofit
- Click "Create Fundraiser" and set your fundraising goal!
- Edit your fundraising page to share with your friends why you've chosen FLF.
- Any amount raised will go directly to FLF for Lynch Syndrome research.

Create a Personal Fundraising Page

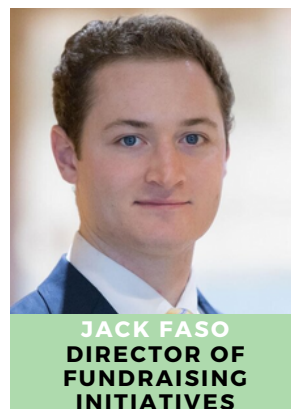
- Follow this [link](#) and click "I want to fundraise for this" to create your page.
- Create your own fundraising page that directly benefits FLF.
- If you're running a race, raising funds in memory of someone, or just because, this feature allows you to personalize and collect donations seamlessly.
- Give Lively will provide a personal link so you can share your page directly with others.

ABOUT US

The Full Life Foundation is a non-profit organization dedicated to supporting research for a cure for Lynch Syndrome and its related cancers. Through the efforts of our team, partners, and supporters, it is our goal to educate the public on Lynch Syndrome, raise funds for research, and give back to the affected communities through various volunteer initiatives.

We strive to always be transparent with our donors. Our Lynch Syndrome research projects are hand-picked by our team and conducted by universities and hospitals nationwide. When you donate to the Full Life Foundation, you can feel confident that your donation is being put to good use, directly funding one of our supported research projects.

THE TEAM



STAY CONNECTED



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