

# FULL LIFE DIGEST

NOVEMBER 2022



## A MESSAGE FROM OUR FOUNDER



**PREYAA  
STRZALKOWSKI  
FOUNDER**

Welcome to our November 2022 newsletter! Since the launch of our foundation in 2019, our goal has always been to host a marquee event annually, but then COVID threw a wrench in our plans. As a new foundation, we were lucky enough to have the support and creativity to fundraise via virtual and smaller events. As the world adapts to the new norm, we too, are shifting our gears.

We are pleased to announce the vision we had for FLF is finally coming true... FLF team members have been hard at work planning our first annual gala! The Full Life Gala will be held at the Bowery Hotel in NYC on February 23rd. Tickets can be purchased [here](#). We hope to see you there!



### LYNCH SYNDROME MYTH OR FACT?

If you have LS, each of your children have a 50% chance of inheriting LS\*

#### [ FACT! ]

Lynch Syndrome is a genetic inheritance.

LS is caused by inherited gene mutations that affect DNA mismatch repair. Normally, these specific genes help protect against cancer, however a mutation can cause them to work improperly, thus leading to the development of cancer cells.

*\*Per the Centers for Disease Control and Prevention*

# FUNDRAISING & COMMUNITY OUTREACH ENDEAVORS

## 2022 EVENT HIGHLIGHTS

2

Fundraisers

### 2nd Annual 5K/10K Fun Run

FLF hosted its 2nd annual Fun Run in Central Park this September. A beautiful fall day in NYC presented us with the opportunity to continue to share our mission and raise funds for our cause.



100+

Individual Donors

1

Community Outreach Event

### Spring Happy Hour

FLF hosted an evening of libations and lightbites as we raised funds and spread awareness of Lynch Syndrome and its related cancers. Special thanks to The Underdog in FiDi for hosting us. More than 75 donors joined us downtown!



### American Cancer Society's Hope Lodge NYC

FLF made its 2nd visit to the ACS' Hope Lodge located in NYC. Hope Lodge provides a free home away from home for cancer patients and their caregivers. More than just a roof over their heads, it's a nurturing community that helps patients access the care they need. The Full Life Foundation donated lunch and spent the afternoon with the patients, all possible thanks to the generous donations the foundation has received.



# FUNDRAISING MADE EASY!

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

### Attend an FLF Event

- 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
- Join us for our next event: Full Life Gala at The Bowery Hotel (NYC) on February 23rd. Tickets can be purchased [here](#)

### Shop on Amazon Smile

- Choose "The Full Life Foundation for Lynch Syndrome" as your charity of choice and link it to your Amazon account
- Shop at [smile.amazon.com](#) and Amazon will donate 0.5% of eligible purchases to Full Life—no fees, no extra cost. Every penny counts!
- Be sure to set your Amazon mobile app to the Amazon Smile mode as well! Go to "settings" and click "AmazonSmile" to check

### 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

- 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
- Follow this [link](#) and click "I want to fundraise for this" to create your page
- Give Lively will provide a personal link so you can share your page directly with others

## ABOUT US

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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.

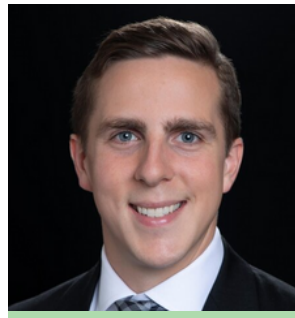
We strive to always be transparent with our donors. Our Lynch Syndrome research projects are hand-picked by our team and conducted by universities and hospitals nationwide. When you donate to the Full Life Foundation, you can feel confident that your donation is being put to good use, directly funding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

## THE TEAM

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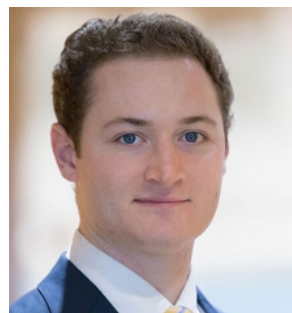
**JAKE  
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TREASURER**



**MICHELLE  
MINARCZYK  
SECRETARY**



**MEGAN CHACON-DIAZ  
DIRECTOR OF  
DIGITAL MARKETING**



**JACK FASO  
DIRECTOR OF  
FUNDRAISING  
INITIATIVES**

## STAY CONNECTED

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