

On December 26, 2019, at the age of 42, I had my first mammogram. Just over a week later I began my breast cancer journey.

After 3 surgeries, which included a double mastectomy, reconstruction, and a hysterectomy, and starting preventative measures through medication, I am grateful to be alive and doing well.

As a result of my surgeries, I have had a bag of gently used (and some new) bras that I could no longer wear, and several packages of pads and tampons that I no longer need.

Someone recently posted that October is Breast Cancer Awareness Month **AND** Domestic Violence Awareness Month.

It gave me an idea.

Find out how you can...



Tracy Shroyer (me) after expander exchange to implants surgery in May, 2020

SUPPORT

the girls



Donated items will be provided to the I Support the Girls organization, and monetary donations will go towards a local effort to raise \$10k for LSS Choices, a domestic violence shelter in Columbus, Ohio.

SUPPORT *the girls*



Did you know that domestic violence has increased 35% as a result of the pandemic? And that women in shelters need items like bras and feminine hygiene products?

Help me to support the girls through a donation drive.

Let's make sure women in shelters have one less thing on their minds.

Through the remainder of 2020, I will be accepting donations for the following items:

- New or gently used* bras
- New or gently used* sports bras
- Menstruation pads**
- Tampons**

In or near Columbus, Ohio, please text Tracy at 614-537-0400 to arrange a pick-up or drop-off location.

Not local? E-mail Tracy at tshroyer2@gmail.com with your name and a shipping address will be provided.

Don't have any items to physically donate?
To make a monetary donation, visit bit.ly/galentines2021 today.

Monetary donations will go to a local Galentine's Day fundraising effort to raise \$10k for a domestic violence shelter in Ohio:



Physical donations will go to:



*Rule of thumb is *Would you give it to a friend?* If yes, it can be donated.

**If you have an open box, you can still donate if the items within it are individually wrapped,. Simply tape the box/package shut before sending.