

82 words, 30 seconds

WALK FOR HOPE

Walking can be a step in the right direction when it comes to battling cancers unique to women. Regular exercise—such as walking—can help cut a woman's risk of developing cancer and can help cancer survivors live longer, healthier lives. By joining City of Hope's Walk For Hope, you can take a step toward fitness while helping to support lifesaving research and treatment programs for breast and gynecological cancers. Find out how to participate at Walk-For-Hope--dot--org.