



Mission programs are changing the game for all who battle cancer by giving them the critical next steps they need to get to the other side of cancer and stay there—the exercise, mind-body health and nutrition knowledge along with the inspiring, energized mindset and community of like-minded people. It’s important because it works. Research proves it. All who benefit from our programs prove it.

Statement of Need

An ever-growing body research continues to demonstrate the effectiveness of exercise, nutrition and mind body health in combatting and neutralizing many of the after effects of cancer treatments, including secondary cancers and recurrence. Still, there are few wellness resources for cancer survivors, despite the continued growth of the survivor population.

- **16.9 Million**
Number of cancer survivors in the U.S., up from 14.5 million
- **67%**
Five-year survival rate across all types of cancer, up from 49% 40 years ago
- **1 in 285**
of children in the U.S. who will be diagnosed with cancer before their 20th birthday
- **80**
Percentage of childhood cancer survivors who will have a disabling, serious or life-threatening health condition by age 45

Source: National Cancer Institute; American Institute for Cancer Research

Mission Programs

Mission Adventure Project

Providing wellness programs for young adult cancer survivors between the ages of 12-39.

- Coaching & Training
- Personal Training & Fitness Membership
- Mind Body
- Nutrition

Digital Health & Wellness

- yourmission.org website
- E-newsletter
- Social Media:
 - Facebook
 - Instagram
 - LinkedIn
 - YouTube

Young Survivor Programs

- Adventure Project
- Academic Scholarships

Education & Community Outreach (Past / Present)

- Speaker Series
- Workshops
- Community-based Yoga
- Prevention Programs

CT Challenge programs operate under Mission to better communicate their role as the flagship for survivors everywhere. Our commitment to equipping survivors with the tools and community needed to move beyond cancer remains unchanged.