

June 11, 2014

## Go Dry this July for the Macarthur Cancer Therapy Centre

The fundraiser that encourages people to give up alcohol for a month to support adults living with cancer is back in July, and Macarthur Cancer Therapy Centre is calling on the community to get on board.

Dry July challenges people to commit to a self imposed 'one month prohibition' - one month without drinking alcohol while at the same time raising funds through sponsorship from family, friends and colleagues.

All donations directly impact on the lives of people being treated for cancer and this year, the Macarthur Cancer Therapy Centre at Campbelltown Hospital has again been chosen as one of the beneficiaries of the campaign.

Macarthur Cancer Therapy Centre supports the Campbelltown, Camden and greater Macarthur region and provides services for about 1,700 new adult cancer patients a year, as well as 8,500 people following their therapy.

District Director of Cancer Services, Professor Geoff Delaney said the Macarthur Cancer Therapy Centre is proud to be officially participating in Dry July for the second year.

"Our focus for 2014 will be catering for the needs of cancer survivors," he said.

"Cure rates of many cancers are improving, so we need to prepare people to live beyond their cancer diagnosis free of symptoms.

"Unfortunately cancer survivors, and those who undergo cancer treatment, have specific ongoing needs that are best addressed in a comprehensive Cancer Wellness program.

"Programs like exercise, counselling, cooking classes, support groups, acupuncture and massage make an invaluable difference to the lives of cancer survivors."

Funds from the 2014 Dry July campaign will be used to contribute to the Cancer Survivorship treatment program, which includes a purpose-built building at Camden as well as some of the treatment programs.

Register for Dry July today, give your body a break from booze and help support cancer patients treated at Macarthur Cancer Therapy by visiting [www.dryjuly.com](http://www.dryjuly.com) and choosing to have your funds allocated to the Centre.

### **How to participate in Dry July:**

- Commit to being 'Dry' throughout the month of July
- Register by visiting [www.dryjuly.com](http://www.dryjuly.com) where you will have your own 'Dry Julyer' profile page
- Don't forget to have your funds allocated to the Macarthur Cancer Therapy Centre
- Tell your friends. Send out an email, text message, tweet it or log on to facebook to tell all your friends that you are a 'Dry Julyer' and ask them to sponsor your efforts
- Like being part of a team? Grab a bunch of friends to come on board or challenge your peers to a Dry July and go 'head-to-head' to see who can last the longest and raise the biggest bucks
- Want your efforts to raise big bucks? Talk to your boss and ask if your company will become a sponsor
- Celebrate your success with other Dry Julyers at the 'After Party' – (details to be announced by the Dry July organisers)