



WORLD  
**OVARIAN**  
CANCER  
DAY

A guide  
to using your  
**#PowerfulVoice!**



@WorldOvarianCancerDay



@worldovariancancerday



@ovariancancerDY





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May 8, 2020

At the heart of this year's **#PowerfulVoices** campaign is a strong message about being there for each other and staying connected - no matter what - with this wonderful, global ovarian cancer community. We have lots of great ideas about things you can do to make World Ovarian Cancer Day 2020 the best ever.

Why is it important?

Over two-thirds of the 1500 women who responded to the World Ovarian Cancer Coalition Every Woman Study™

**hadn't heard about ovarian cancer or knew very little about it** before their own diagnosis. So, everything you can do to raise awareness will help ensure that more women know about ovarian cancer and its symptoms and risks.



**POWERFUL  
VOICES**



# Show your support!



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#1

Add [the World Ovarian Cancer Day frame](#) to your Facebook profile picture.

#2

Sign-up to our [World Ovarian Cancer Day PowerWall](#) and join a global community committed to improving ovarian cancer survival.

#3

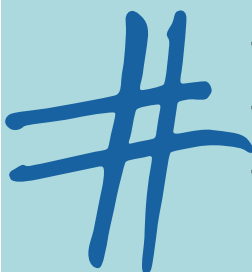
Like and share our [World Ovarian Cancer Day](#) posts - we will be sharing lots of valuable information about symptoms and risks - and even some fun quizzes!

#4

Take a selfie with one of our [selfie cards](#) and post it on social media - **make sure to use our hashtags below** and tag us too!

#5

Organize a social-distance friendly event! See the next page for some ideas for your social group or workmates. Don't forget to post those pics!



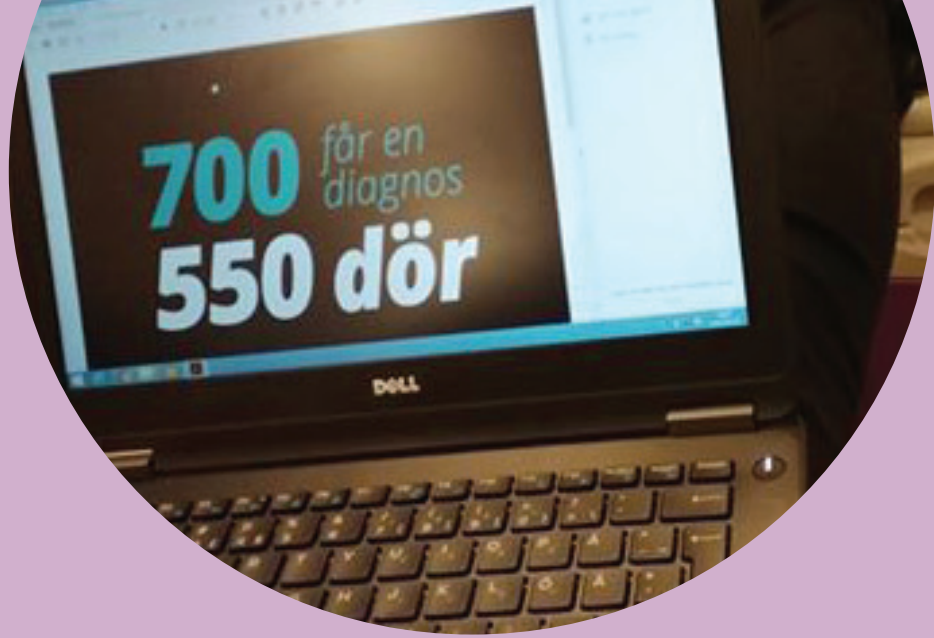
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Get friends  
& colleagues  
involved!



You can do a lot with friends and colleagues (even at a distance) to help mark World Ovarian Cancer Day. Don't be shy! Think work-mates, church choir, book club, or knitting group. Here are some ideas!

#1

Create your own PowerWall. Get creative, in your hallway, kitchen, window, or wherever you have space! Get everyone in your household to add their name using one of our [colourful templates](#) and snap a pic and send it to us! Don't forget to give us your social media handles and we will be sure to tag you when we post!

#2

Take our [ovarian cancer quiz](#). See who knows most about ovarian cancer! Fill out the form that appears when you are done to let us know you've taken the quiz and we'll send you a special certificate you can hang on your wall.

#3

Ask everyone to take 2 minutes and go to the official online [PowerWall](#) and register their personal support for World Ovarian Cancer Day.

#4

Take selfies with our [selfie cards](#) and post to social media. Make sure to send us a copy and if you post on social media **use our hashtags and tag us** too (our handles are on the first and last page of this guide). We will be sure to pick them up and re-share.

#5

Have a virtual Tea'l Party! We love our tea'l breaks so much we are sharing our favourite teal cupcake recipe, which is easy to make with the kids. You could even have a cupcake decorating competition. Connect with friends, family, and co-workers over Skype, Facetime, or Zoom over a cup of tea'l and a cupcake. (Hint: our cupcake recipe freezes well - or so we've heard as we never have leftovers!)



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# Chocolate Cupcakes

This recipe has been popular since the 1930's when eggs were scarce. This is a great vegan option and is easy to whip up. Just one bowl, a whisk, and a rubber spatula. And, because it is egg free, it is even safe to lick the bowl! (For the little ones of course!) While this recipe calls for orange extract, you can easily change it up with almond, coconut, or stick with tried and true vanilla. The hint of espresso powder isn't necessary and can be easily omitted, but it does help punch up the chocolate flavour. Alternatively, you can use leftover brewed coffee in place of the water for the same effect.

*For the teal icing, take your favourite recipe (or premade icing, we won't tell!) and add 3 drops blue food colouring for every drop of green.*

Tea time

## Ingredients:

**2 cups flour**  
**1/3 cup cocoa powder**  
**1 1/2 cups sugar**  
**2 tsp baking soda**  
**1 tsp espresso powder**  
**3/4 tsp salt**  
**1/2 cup vegetable oil**  
**1 tbsp white vinegar**  
**1 1/2 tsp orange extract**  
**1 1/2 cup water**

Preheat oven to 350F.

Whisk together flour, cocoa powder, sugar, baking soda, espresso powder, and salt in a medium sized bowl (batter bowl with a spout is best).

Make three small wells around the edge. In each well, add oil, vinegar, and extract respectively. Pour water over whole mixture and stir well.

Pour into cupcake molds, or can be poured into an 8" square pan.

Bake for 30 minutes (50 minutes for full cake) until toothpick inserted in center comes out clean. Cool before icing.

Yield 15 cupcakes, 276 calories each (without icing)



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Here are some other suggestions on how to get involved from the safety of your home. Feel free to [email us](#) your ideas and we will feature them on our Facebook page! And, as always, share your pics and use our hashtags.

#1

Hang something teal out of your window, or on your clothesline and encourage your neighbours to do the same.

#2

Change your exterior lights or light up your house with teal lightbulbs. Cancer Warrior Australia's [Light Up for Cancer](#) will see over 100 public buildings and monuments lit up with teal May 8th. Let's add to that number by lighting up our homes, windows, and yards!

#3

Host a virtual karaoke party and pick songs from our [PowerPlaylist](#). Go into Google Hangout, pull up the karaoke versions of the songs on YouTube and take turns singing.

#4

Hold a balcony World Ovarian Cancer Day concert! Take inspiration from Italy, and gather together on your balconies and use your #PowerfulVoices to show your support for the day. Videos please!

#5

Have a World Ovarian Cancer Day streaming movie party. Queue up your go-to inspirational movies or tv-shows and watch them all with your friends at the same time. Share with us what you're watching and why!

#6

Gather up the kids, and have a craft day, making thank you cards for ovarian cancer care providers, and all health care workers. Be sure to [send us photos](#) before you mail them off.

#7

Contact a [local ovarian cancer patient group](#) and offer to support them raise awareness and vital funds. Our partners are on the front lines in the areas they serve, and they need your help.

[worldovariancancercoalition.org](http://worldovariancancercoalition.org)

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