

Bald Nation Rocks Against Cancer is a faith-based non-profit mission that provides support services to women fighting against any form of cancer in Cobb, Douglas, Bartow, Paulding, and areas of Fulton county.



BNRAC

*Monthly Email Newsletter
Representing All Colors of Cancer*

Celebrates 5 years!



Spring! My favorite time of the year for its delightful bloom of colors and flowers. New beginnings and time of change. The season to reflect and reverence our Christ the Savior during Lent season. Spring is a refreshing time to make it a great year.

Ecclesiastes 3:1-8 There is a time for everything.

Vernitta Rose Love
CEO & Founder



Fit and Fitness

Healthy Activity: "Spring into Spring....."

How we walk, where we walk, why we walk tells the world who and what we are. Whether it's once a day to the car, or for long weekend hikes, or as competition, or as art, walking is a profoundly universal aspect of what makes us humans, social creatures, and engaged with the world.

"Remember, fitness is not a destination – it's a lifelong journey filled with twists, turns and occasional detours. Embrace the process, enjoy the ride and relish the victories along the way."

source: OrangeTherapy Fitness

Month of April

Esophageal Cancer Awareness

Esophageal cancer is a growth of cells that starts in the esophagus. The esophagus is a long, hollow tube that runs from the throat to the stomach. The esophagus helps move swallowed food from the back of the throat to the stomach to be digested. Esophageal cancer usually begins in the cells that line the inside of the esophagus. Esophageal cancer can happen anywhere along the esophagus.

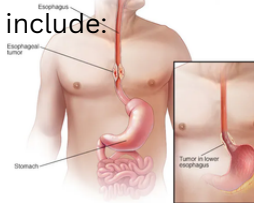
Esophageal cancer is more common in men. Risk factors include drinking alcohol and smoking. Esophageal cancer treatment often involves surgery to remove the cancer. Other treatments may include chemotherapy, radiation or a combination of the two. Targeted therapy and immunotherapy also may be used.

Symptoms

Esophageal cancer may not cause symptoms early on. Symptoms of esophageal cancer usually happen when the disease is advanced.

Signs and symptoms of esophageal cancer include:

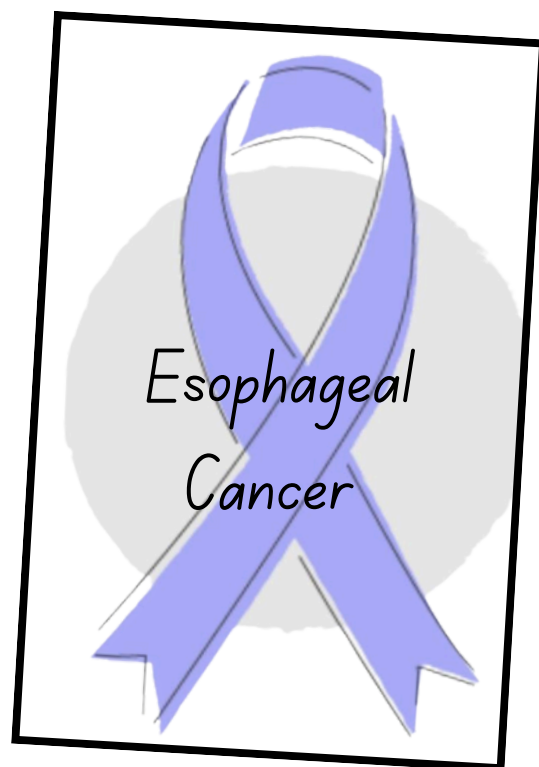
- Difficulty swallowing.
- Chest pain, pressure or burning.
- Coughing or hoarseness.
- Weight loss without trying.
- Worsening indigestion or heartburn.



When to see a doctor

Make an appointment with your doctor or other healthcare professional if you have any symptoms that worry you.

Source: Mayo Clinic.org





BNRAC HIGHLIGHTS OUR "GOLDEN RECIPIENT"

MS. KALANI GRANT

"I am beautiful even with my baldness." Yes, stuff happens! When it comes, I will never stop living, loving, and laughing in the face of a curveball. I always tell people that cancer did not define me; I defined it, by living in God's purpose for my life. I AM AN OVERCOMER!



Ms. Grant is a business owner, caregiver to her mom, continues to travel, and supports others facing cancer with her kind words of inspiration. BNRAC celebrates Kalani for her strength, resilience, and determination to bring positive change to others.

JOIN our TEAM!

College students, Veterans, & Retirees looking for a new career. We are seeking persons with various forms of expertise and a willingness to serve. Contact our support staff at 404-512-2595 or support@bnrac.org



APRIL HEALTH & WELLNESS:

April Showers! Let it pour..

Reasons why crying can be helpful

@doodledwellness X @psychdoctor2b

- Crying releases feel good hormones that dull pain
- Crying can help you process emotions and experiences
- It activates the parasympathetic nervous system to calm you
- Bottling up emotions can hurt our mental health
- It helps you identify what is important to you
- Crying is a way to restore emotional balance

Benefits of Crying

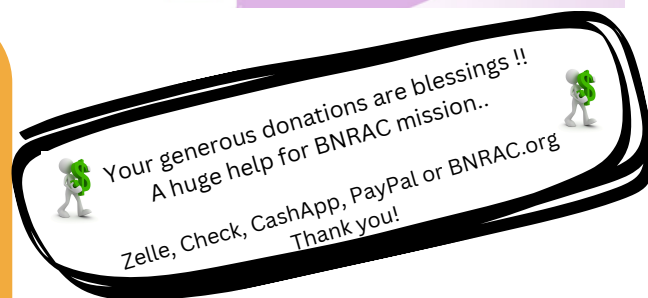


BNRAC does HEART-work!

Support services consist of:

- Medical Transportation to/from medical appointments,
- Meal delivery after outpatient procedure or hospital stay,
- Spiritual Connects - weekly prayer call,
- Resilience & Restoration Therapy for the health & wellness recovery,
- Peer2Peer - Links women in need of a hand to hold for support from veteran survivors,
- Path2Health Support Group with professional counseling and monthly support group interaction.

YOU ARE NOT ALONE!



BNRAC 2025 Events:

BNRAC Celebrates 5 yrs April 1
Comfort Tea Party - May 18th
Line Dance Fundraiser - July 11th
Aloha Sail-A-Way Boat Cruise - Sept 20th
Cancer Awareness 5K Run/Walk - Nov
Hope to see you there!