



MISSION

POWERED BY THE CT CHALLENGE

2017 KEY NUMBERS

41

PROGRAMS

14,342

PARTICIPANTS

MISSION TRAINING CENTER

22 PROGRAMS

790 PARTICIPANTS

@Mission:NoLimits



4K



913



1.1K

YOURMISSION.ORG

+47K PAGE VIEWS

+10K UNIQUE VISITORS

50 STATES

45 COUNTRIES

Live. Life. Vibrantly.

Research confirms the effectiveness of exercise, nutrition and mind body health in combatting the many after effects of cancer treatments, including secondary cancers and recurrence. Still, there are few wellness resources for cancer survivors. Mission programs are their game-changers. They are the exercise, nutrition and mind-body knowledge, tools and community survivors need to get to the other side of cancer and stay there



Why Mission

• 15.5 Million

Number of cancer survivors in the US, up from 14.5 million

• 67%

Five-year survival rate across all types of cancer, up from 49% 40 years ago

• 40%

of cancer diagnoses in the U.S. related to being overweight

• 1 in 285

of children in the U.S. who will be diagnosed with cancer before their 20th birthday

• 80%

of childhood cancer survivors who will have a a disabling, serious or life-threatening health condition by age 45

Mission Programs

Mission Training Center

A state-of-the-art fitness center, and incubator of best practices for all Mission programs

Digital Health & Wellness

- yourmission.org website
- Biweekly E-newsletter
- Social Media: Facebook, Instagram, Twitter, YouTube

Young Survivor Programs

- Adventure Project
- Adventure Retreats/Summer Camp
- Academic Scholarships

Education & Community Outreach

- Speaker Series/Workshops
- Community-Based Yoga
- Hospital-Based Survivorship
- Education/Prevention Programs



250 Pequot Ave. Southport, CT 06890 | 203.292.8722
www.yourmission.org | bike.ctchallenge.org