

GO GREY IN MAY



A ROBERT CONNOR DAWES FOUNDATION INITIATIVE

GO GREY YOUR WAY

Going Grey is about celebrating the brains that make us who we are, all while helping to change the odds for kids facing brain cancer.

Big or small, there are so many ways for you to Go Grey:



EAT

Nourish your noggin by hosting a brainy breaky, a lunchtime BBQ or afternoon tea. You could challenge your mates to a bake-off, or host a pot-luck dinner party.



PLAY

Use your grey matter for good with a brainy challenge! Give your brain a spin with a game of birdbrain, a Rubik's cube challenge, a lunch-time board game tournament or a trivia night.



MOVE

Give your endorphins a boost with an activity that makes your brain happy! Host a yoga session, a puppy pilates class, or a sports game wearing your comfy greys.

For more info, visit RCDFoundation.org/go-grey
or email karen@rcdfoundation.org

