

#JUMP4JUNE

Take the Leap to Help Spread Information and Awareness of Uterine Cancer!

1 Record a video or take a photo of yourself performing a jump, whether it's a small hop or a large leap.

Pose or jump in a way that works for your level of fitness. Here are a few ideas to get started:

- Beginner: Pose as if you are going to **jump off a step** or **jump outside with family and friends.**
- Intermediate: **Bounce on a trampoline** or **perform jumping jacks**.
- Advanced: J**ump rope** or **leap over hurdles**.
- Extreme: **Go skydiving** or **paragliding**!

2 Post your photos or videos on social media throughout June.

- **Share your jump** on your platform of choice with a message to spread awareness
- **Use the hashtags #Jump4June** and **#UCAM** in your post.

Tag IGCSociety & IGCANetwork in your social posts to make sure we see your jump! And please invite us to collaborate on your Instagram posts to increase our reach!

3 Submit your photos or videos to be utilized in the IGCS-IGCAN Campaign and Impact Report.

We will do our best to post all the jumps on social media in June, but please help us by posting them to your own accounts and tag us! Visit igcs.org/jump4june to submit.

4 Challenge and inspire others.

- **Encourage your friends or followers** to take part in the **#Jump4June** challenge by tagging them in your post.
- **Direct your followers to resources** where they can learn more: igcs.org/ucam

2026 CAMPAIGN JUNE UTERINE CANCER AWARENESS MONTH

June is Uterine Cancer Awareness Month.
Awareness Color: Peach

IGCS INTERNATIONAL GYNECOLOGIC CANCER SOCIETY

IGCAN INTERNATIONAL GYNECOLOGIC CANCER ADVOCACY NETWORK

igcs.org/ucam