



## WHY SPONSOR THE BOON PROJECT?

**The Boon Project for Young Adults Fighting Cancer is the only nonprofit in the Charleston area that specifically supports local young adult cancer fighters between the ages of 18-40(ish).** The Boon Project aims to support the unique needs of this often ignored demographic of cancer fighters and their families in many ways including emotionally, physically, and financially. All of The Boon Project's **programs are year-round and always free** for these Lowcountry cancer fighters. Programming has also continued safely during the pandemic.

### COURAGE CLUB:

The Boon Project's Courage Club is a free private online support group and monthly meet-up group for young adult cancer fighters and survivors around Charleston. **The aim of The Boon Project's Courage Club is to address the social isolation and loneliness that comes with being diagnosed in the prime of life.** Some events also include spouses, children, and friends as well. The Boon Project also offers a Metatrriver subgroup of Courage Club for young adults who have a Stage 4 or chronic cancer diagnosis. The Metatrriver group meets quarterly in addition to the monthly Courage Club events. During the pandemic, both Courage Club and Metatrriver went virtual with Zoom trivia nights, happy hours, and cooking classes among other activities. Courage Club events are currently being offered virtually and in-person with safety protocols in place.



### FITNESS FORCE:

**Fitness Force is a local no-cost fitness program through The Boon Project to help cancer fighters and survivors of all ages meet and maintain their fitness goals from diagnosis through survivorship years.** The Fitness Force program includes free access to workouts, nutrition sessions, and accountability partners. Fitness Force survivor participants can also apply for a scholarship to help eliminate financial barriers to achieve their fitness goals, such as help with gym memberships, fitness equipment, and apparel. COVID-19 forced Fitness Force to go virtual with Facebook live workouts, online fitness challenges, and accountability partners to keep participants engaged and encouraged. Fitness Force offerings are currently being offered both virtually and in-person with safety protocols in place.



### PATIENT SUPPORT:

Patient Support includes **Boon Bags** and **Financial Assistance Grants**. Boon Bags are care packages distributed to oncology offices around Charleston for young adults that are newly diagnosed. These bags are often requested by friends and family members of newly diagnosed young adults as well. **Boon Bags are packed with cancer fighting resources, tips on questions to ask, organizational tools, and lists of other helpful organizations.**



**Financial Assistance Grants are available through The Boon Project. They help ease the financial burden for young adults who face cancer.** During the pandemic, financial assistance requests almost doubled and we've been able to fulfill 100% of the requests. The Boon Project has been able to continue to meet the increase in need because of financial gifts, fundraising, and sponsorship.

**Find out more: [www.boonproject.org](http://www.boonproject.org) or (843)-754-1879**