In May, VHLers around the globe are hosting events called Cancer Against Coffee – a conversation about VHL. These events can be in homes, schools, businesses, local cafes, or a park in order to start the conversation and bring awareness to VHL. Information can be downloaded at vhl.org/coffeeagainstcancer.

**Easy Steps to hosting a Coffee Against Cancer event:**

- Gather a list of friends, family members, co-workers, people you know from school or the gym – anyone who may be interested in having a conversation about VHL.
- Decide on a date, time, and place to host your Coffee Against Cancer event. Don’t have room at home to host? Check out a local coffee shop, library, or other public venue. Maybe even your break room at the office?
- Create an invitation (evite or paperless post are two online examples), a Facebook event, or just email/call some friends.
- Invite them over for coffee, cake (or cookies!) and conversation - where you can have some VHL brochures to share, you or someone you know could tell their VHL story, show a video, and leave time for questions and conversation.
- Follow up with a note or email after the event to thank them for coming, see if they have any questions, and send them the link to vhl.org for more information or to donate!