On May 3, 2020, VHLers around the globe are hosting events to kick off VHL Awareness Month called *Coffee Against Cancer – 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. Please consider hosting one yourself. Resources and more information is available at [vhl.org/coffeeagainstcancer](http://vhl.org/coffeeagainstcancer).

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

1. **Date** – Does May 3rd at 10 am work for you? If not, chose another date and time!
2. **Location** - your home, local coffee shop, library, space at work, etc.
3. **Guests** - friends, family members, co-workers, people you know from school, church, or the gym
4. **Invite** - We have created the invitation for you! All you have to do is send it out (email, print, hand deliver, call, Facebook, etc.) Don’t forget to ask for a RSVP so you know how many to expect.

As the date draws near, here are the next steps to take:

1. **Bake** – recipe ideas are found at [vhl.org/coffeeagainstcancer](http://vhl.org/coffeeagainstcancer) or store bought goodies can be just as delish
2. **Brew** – brew coffee or tea
3. **Share** – gather some VHL brochures to share, you or someone you know could tell their VHL story, [show a video](http://showavideo.com), and leave time for questions and conversation.
4. **Host** – Make it fun by hosting a door prize or a silent auction
5. **Follow up** – write a note or email after the gathering to thank your guests for attending. Ask them if they have any questions or want more information. If so, send them the link to [vhl.org](http://vhl.org) for more information or to donate.

Please let us know that you hosted a Coffee Against Cancer! Spreading awareness is a huge encouragement and one of the key pillars of the VHL Alliance’s mission!

Please email Heidi at the VHL Alliance with any questions!