

# I DASH For

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**R**olfe  
pancreatic  
cancer  
foundation

## Thank you for DASHing with us!

Make the most of your DASHing Together experience by following these simple instructions to honor your loved one, help spread pancreatic cancer awareness, and support Rolfe Foundation's impact in the community.

1. Use this sign to let everyone know the name of your loved one(s). Be sure to use a thick, dark colored marker and write clearly in big letters.
2. You can also create your own signs, banners and flags to showcase Why you're DASHing!
3. Capture your DASHing activity with selfies, group pictures and videos and share them on your social media sites! Don't forget to tag @RolfeFoundation, and use the hashtag #DASHingTogether.
4. You can also email us your photos and videos at [info@rolfefoundation.org](mailto:info@rolfefoundation.org) so we can help you honor your loved one.
5. Above all, have fun knowing you're honoring your loved ones, while making an impact for pancreatic cancer patients, survivors and families everywhere.

**We can't do this without you!**

**#DASHingTogether**

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