

Marshmallows and motivation for a good cause

Breast Cancer Breakfast

By Philippa Francis

From sega dancing and a performance by singer Leigh Solomon to motivational talks and dozens of lucky draw prizes, the Curves breast cancer breakfast did not disappoint the approximately 250 guests in attendance last Saturday.

The Old Grey Hall was decorated in purple and pink and buzzing with excitement when Avon's Lee-Anne Evans-Riche kicked off proceedings by giving a surprise package to one person at each table. She welcomed the attendees by telling a pass-the-parcel story of "lefts" and "rights" until one lucky winner claimed the Avon prize.

Mrs PE, Sibongiseni Kula, was equally entertaining as master of ceremonies for the event, which was organised by the Greenacres, Walmer, Walker Drive and

Uitenhage branches of Curves. All proceeds from the breakfast were donated to the Reach for Recovery programme which provides emotional care and practical support to breast cancer patients and their families

Cancer survivor Joanne Hurlow represented the organisation at the event; inspiring the audience with a mix of educational facts, important information and lots of good humour.

"Some people think it is impossible to beat cancer but it can be done," Hurlow said before ending her talk

with the poem, "It couldn't be done", by Edgar Albert Guest.

Successful businesswoman, Libbi Martin, discarded her notes at the last minute and spoke from the heart about her personal and family experiences with health and lifestyle changes.

And Susan Cornish from Pure Romance had the attendees squirming in their seats and laughing hysterically in equal measure during her talk about women's sexual health and intimacy.

Guests were also treated to a full breakfast, fruit juice, an unlimited coffee bar, delightfully-decorated cupcakes and a Curves' goodie bag.

Curves Walmer owner, Rae Luckman, said Curves has been greatly encouraged to



host a similar charity event in October 2019 based on the positive feedback and generous contributions received. “(We were) thrilled to experience such a fantastic turnout, largely aided by generous sponsorships and the captivating speakers who shared their true-life experiences in fighting breast cancer,” she said.

October is Breast Cancer Awareness Month in South Africa.
phambili.squarespace.com



Breast Cancer Breakfast





Breast Cancer Breakfast

