

★ **FIGHT** ★
COLORECTAL
CANCER
AUGUST
RECESS

CHALLENGE

31 *in* **31**
CONGRESSIONAL
MEETINGS  **DAYS**

Get Loud, Get Local!

Advocacy doesn't just happen on the Hill in March. It's something you can do from home year-round—especially during the August recess!

Your members of Congress are home for the entire month of August and meeting with them is easier than you may think!

Follow these steps to help us reach the goal of **31 advocate meetings in 31 days and reach 100 co-sponsors of H.R. 1070.**

Ready... Find out who your representative and senators are [here](#).

Set... Contact your members of Congress to schedule a meeting. Members of Congress have local offices in their districts, so you won't have to go far from home!

Your meeting will be with the member **or** with his/her staff. Congressional staff is very important and directly influences how the members vote on important issues!

Contact information for senators: click [here](#).

Contact information for representatives: click [here](#).

Go! Prepare for your meeting using the tools in the advocacy resource center!

- [Learn about our legislative goals](#)
- [Read our tips on how to advocate](#)
- [Download pre-meeting worksheets](#)
- [Print our policy backgrounders and fact sheets on colorectal cancer](#)

Celebrate your advocacy efforts by taking a picture at your meeting with your member of Congress and/or staff members. Wear a Fight CRC t-shirt if you have one and if you're feeling feisty, strike a "strong arm" pose!

Once your meeting is over let us know how it went! Email our advocacy manager Emily White. Letting us know how your meeting went helps us continue to push year-round and follow up with offices on the Hill.