

# Frocktober social post template options:

## **Graphic #1:**

I'm taking part in Frocktober 2019!

### **Caption template:**

This year, I'm joining Australia's most passionate fundraisers who frock up, raise funds, and say "Frock off, ovarian cancer".

I'm taking part because...

*(add what Frocktober means to you or why you are inspired to be a part of it)*

*(Do you have your own connection to ovarian cancer? Maybe you want to see a world where every woman can take control of her health future.)*

You can support me by making a donation to my fundraising page here.

*(Add the link to your page)*

All funds raised will support innovative ovarian cancer research that will find an early detection test.

#frocktober2019 #frockoffcancer

## **Graphic #3:**

Too many women are left in the dark

### **Caption template:**

Did you know that another Australian woman dies every eight hours from ovarian cancer? With no early detection test, and only vague symptoms, there's no reliable way to catch it before it's too late.

But by frocking up this Frocktober, I'm raising the research funds that will discover the pathway to an early detection test.

Please, support my campaign and make a donation here.

*(Add the link to your fundraising page.)*

Let's shine a light on ovarian cancer.

#frocktober2019 #frockoffcancer

## **Graphic #2:**

Will you support me on the 31-day challenge?

### **Caption template:**

This month, you might see a lot of #frockingfabulous selfies filling your feed—that's because I'm taking on the Frocktober 31-day challenge.

I'm wearing a dress every day for the month of October to raise urgently-needed funds for ovarian cancer research.

You see, unlike breast or cervical cancer, there's currently no way of catching ovarian cancer early. Symptoms are really vague, like bloating or cramps, and many women are told that they're likely just going through menopause.

That's why so many women are only diagnosed when it's too late.

That's why less than 30% of women diagnosed today will be here in five years' time.

That's why ovarian cancer kills another woman every eight hours.

And that's why we need to urgently fund research and find a test.

Please, support my campaign and make a donation here.

*(Add the link to your fundraising page)*

Let's shine a light on ovarian cancer.

#frocktober2019 #31daysofchange

