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**PRESS RELEASE**

**TITLE {Name of business/school/person} from {location} to take part in {name of challenge event} for cancer support charity Look Good Feel Better**

(Place image here - ideally with Look Good Feel Better logo)

Date of distribution. The {insert group/business/school name} from {insert location} will be taking part in {name of challenge event} to raise much-needed funds for cancer support charity Look Good Feel Better. {Insert name} are hoping to raise {insert amount} for the charity which is dedicated to improving the physical appearance and overall wellbeing of people living with cancer.

Look Good Feel Better knows how challenging it can be to process a cancer diagnosis and manage the physical and emotional side-effects of cancer treatment. The charity runs workshops and classes virtually, and at cancer care centres and hospitals across the UK, to support women, men and young adults through this time. Services are free and open to anyone facing cancer.

Workshops are led by trained volunteers in the beauty industry and provide practical advice about changes to skin, eyebrows, eyelashes, hair and nails during treatment, and body confidence. Volunteers in the health industry also lead its well-being focused classes covering meditation, breathwork and gentle exercise to help reduce feelings of isolation and anxiety.

Ian Daniels, Director of Fundraising and Head of Communications, says:

“We are very grateful to {insert group/business/school name} for signing up to this exciting event.

“All challenges raise much-needed funds enabling us to support people living with cancer. With that number expected to rise to four million in the UK by 2030, demand for our specialist services continues to grow. As a national cancer support charity, deeply rooted in local communities, we want to help more people, in more places, in more ways.”

{Insert your quote}

To sponsor {insert name}, please visit their fundraising page online at {insert link}.

**-Ends-**

For further press information, contact:

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**Note to Editors**

**About Look Good Feel Better**

Established nearly 30 years ago, Look Good Feel Better delivers cancer support services in local communities across the UK through a series of face to face and online group sessions, along with video tutorials. Our services help people face cancer with confidence, to regain their sense of normality, to make friends and most of all to look good and feel better. Our vision is to be recognised as one of the UK’s leading cancer support charities and the only one dedicated to improving the physical appearance and overall wellbeing of people living with cancer. Visit www.lgfb.co.uk for more information.