



Thank you for helping us celebrate our 10th Anniversary by recognizing the people and organizations who work tirelessly to end this disease.

This is your story – as a patient, survivor, caregiver, advocate, patient advocacy organization, or corporate partner, you can share as much or as little as you'd like.

We welcome photos, your story in writing, a video, or all of the above. If you have a call to action – for example to encourage people to get screened, please feel free to include this.

Here are some ideas to get you started:

- I advocate for _____ (screening, clinical trials, biomarker testing, etc.) because...
- Colorectal cancer is personal, and I fight because...
- I work to end this disease because...
- I'm a part of the colorectal cancer community because...
- I volunteer because...

To submit a photo and written story, please email info@globalcca.org.

To submit a video, or other large files, please use globalcca.wetransfer.com. You'll need to verify your email address in order to send the file(s), but there is no cost to you.

Once you've sent your photos, story and/or video, GCCA will be in touch to discuss opportunities to share your story.

Questions? Contact GCCA at info@globalcca.org

Tips for High Quality Recordings

- Feel free to record yourself however is most comfortable for you (using your smartphone or your computer)
- **If using your smartphone:** film yourself in the **landscape orientation** (sideways).
- Have your webcam or phone at eye level. You may need to place a book under your phone, laptop, or computer to reach the right level for your webcams and to keep the video steady.
- Include your head and shoulders in the frame. Position yourself about two feet from the webcam/phone.
- Film yourself inside and in a **quiet space**.
- Silence your notifications while recording – any beeps or dings will be picked up in the recording.
- Check your background – do not film in front of a window if light is coming through.
- Press record and wait 5 seconds before beginning.
- Once you've finished, please wait a few seconds with you looking (smiling if appropriate) at the camera before you stop recording.
- If you make a mistake, no need to stop and re-record. If you are doing another take, please pause before speaking again.

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