

International Women's Day - March 8, 2018

By Communication & Public Affairs

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International Women's Day Message

International Women's Day has been celebrated since the early 1900's, as a result of women's movements in Europe and North America advocating for the empowerment of women and equal participation in society. The issues and concerns facing women have evolved over time.

As the President and CEO of CancerCare Manitoba, a medical oncologist and a woman, I would like to take the opportunity on this day to bring a message to all women on how we can empower ourselves and each other to take charge of our health by following a healthy lifestyle and being proactive in seeking medical attention. Breast cancer is the most common cancer in women; however, lung cancer is the number one cause of cancer-related death in women. Living a healthy lifestyle, practicing prevention, and educating ourselves all go a long way to preventing cancer.

For those of you who have gone through the cancer journey yourselves or with loved ones, you can take this day to empower other women who are on the journey, by sharing your story and experience.

Although International Women's Day celebrates women, what it signifies is empowerment and equality for all - women, men and people of all gender identities. Our goal at CCMB is that "No Manitoban's life is cut short by cancer and a life with cancer is a life well lived". Let us all join together in celebration of International Women's Day to empower each other for a life well lived.

Sri Navaratnam

President and CEO, CancerCare Manitoba