

# GIRLS' NIGHT IN



Hi Amy,

**Girls' Night In** is back! Across Victoria last year, events like yours helped to raise \$1.3 million to fight women's cancers and we'd love to have you and your favourite ladies join us again this year!

**Pick a date. Make a difference. Register today.**

By the end of today, 13 women in Victoria will have been diagnosed with a breast or gynaecological cancer and three much-loved sisters, mums or friends will have lost their lives to the disease.

*Planning a night in with the girls has never meant so much.*

So, save a date, invite the girls around and show your support for every incredible woman who's been affected by breast or gynaecological cancers.

[Read more](#)

## Share this



- **Size DOESN'T matter!**
- **50 shades of pink**
- **How can you help beat women's cancers?**

## Size DOESN'T matter!

Girls' Night In isn't about how big or small your event is, it's all about getting your gal pals together for a great time – and a great cause!

Keep the laughs, chats and good times going with some of these fun ideas:

**Trivia night** – Test your knowledge, learn something new and forget it all again... "Every time I learn something new, it pushes some old stuff out of my brain". Homer Simpson.

**Chick flick marathon** – A rom-com marathon is synonymous with a chocolate or three. So settle in with Ryan Gosling and some Lindt treats for the night

[Read more](#)



## 50 shades of pink

When it comes to lipstick, there's pink and then there's PINK!

Pucker up and find the perfect pink shade with this handy guide...

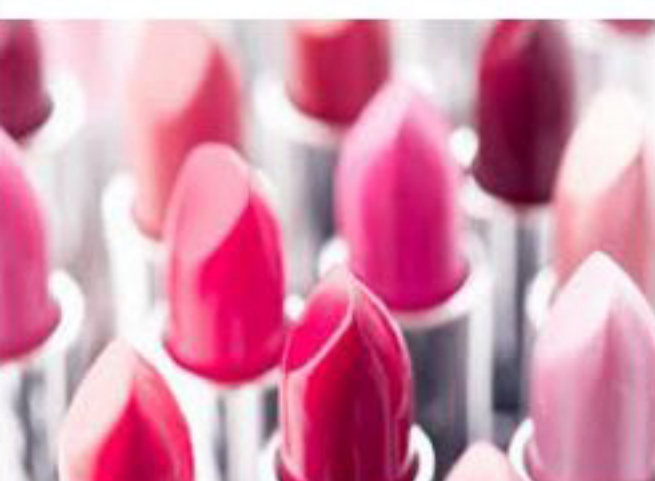
\* **Fuchsia** will make you stop traffic! A scorching shade between 'neon' and 'hot'

\* **Magenta's** great for women who like a hint of red

\* **Hot pink** lips are a showstopper, perfect for when you're after the 'Nicki Minaj' look

\* **Rose** coloured lips are soft, subtle and suitable for even the shyest pout

\* **Musky pink** finds the sweet spot between 'hot' and 'bubble-gum' pink



## How can you help beat women's cancers?

No matter how much you raise through your Girls' Night In, every single dollar is put to good use. Here's how your donations help:

**\$5** can go towards producing a meditation DVD to help women cope with chemotherapy

**\$10** helps pay for an Information Pack for women after surgery

**\$45** can help fund a Cancer Council Helpline call that can inform and reassure a woman about her cancer diagnosis

[Read more](#)



### We've had a make-over

Girls' Night In events are now part of 'I (heart) Pink' – an umbrella campaign which offers lots of different ways to raise funds for women's cancers. [Check out](#) all these different ideas!



### Recipes for a perfect night in

**Have a look** at these tasty treats, conjured up from our celebrity chefs, Gwyneth Paltrow, Poh Ling Yeow and Karen Martini!



### Women and cancer

A third of all cancers are preventable and screening programs for breast and cervical cancer have helped save thousands of lives. [Find out more](#) about women's cancers, including screening, symptoms and treatment options.

If you haven't done so already, please add [info@iheartpink.com.au](mailto:info@iheartpink.com.au) to your address book to ensure you continue to receive information from Cancer Council to your inbox.

Cancer Council is committed to safeguarding your personal information. View our [privacy policy](#) now. If you do not wish to receive future marketing communications and special offers from I Heart Pink by email, click here to [unsubscribe](#). This email was sent by [girlsnightin.com.au](http://girlsnightin.com.au)