

## Warmest Wishes

***From all at LGFB we wish you a fun-filled holiday, a blessed Christmas & peace, health, happiness, success and prosperity in 2013.***

2012 - year of great successes and exciting new happenings for Look Good Feel Better.

Thank you, our dedicated volunteers, generous members and sponsors, hospital liaisons, and friends across South Africa for your commitment and support. Together we have been able to make a difference in the lives of women with cancer.

**Please note our offices will be closed from Tuesday 18 December to Monday 7 January 2013**



## Highlights of 2012!

- To date over 18 500 SA women with cancer have attended a LGFB workshop at one of the 34 venues in seven regions – over 4000 patients in 2012.
- New hospital venues: Livingston Hospital (PE), Dr Portugal (Pretoria) and Charlotte Maxeke Chemotherapy
- 220 volunteers attended refresher training
- First Regional Coordinator's Conference held in January
- New international Look Good Feel Better Logo and branding
- LGFB expanded their offices, and now enjoy a stunning Pink Palace!
- Annique donated money from the raffles at their premier events
- Debbie MacDonald received the Nedbank Local Hero Award and R15 000 was given to LGFB
- Oh So Heavenly and Yardley sponsored the launch of new hospital venues and several workshops
- During their exciting July campaign "Unzip Inner Beauty" Environ committed to over a million rands worth of support to LGFB as well as giving wonderful exposure to the programme
- Estée Lauder Companies donated R400 000 at the illuminating of Nelson Mandela Bridge, as well as monies from the sale of the pink ribbons.
- Avon Justine iThemba LGFB's 5th Ladies day at Summer Place was fully booked and a great success.
- LGFB was one of the beneficiaries of the fun filled Avon Justine iThemba Walkathons in Johannesburg and Ctn.
- Bob Skinstad and Michelle Brown handed over a cheque to LGFB, proceeds from PE's Breast Cancer Dinner.
- Clinique donated a percentage of October sales from its Iconic Dramatically Different Moisturiser.
- Successful LGFB Golf Days were held at Zimbali Country Club (112 players), Randpark Golf Club (208 players)
- LGFB was featured on 702, Radio Today, RSG, Morning Live and several radio stations
- Berco has generously agreed to continue, pro bona, freighting workshop products across SA.
- L'Oreal Professional Products division, with their LGFB Ambassador Gary Rom has assisted us in launching a new hair component to the programme.

## Why we do what we do!

*"After feeling less than beautiful for a year, I left the LGFB workshop feeling lovely. Cancer affects women in many ways, but without a doubt I think it affects their self-esteem and confidence mostly. I lost all my hair and after spending 40 years hiding behind my hair, it was a most traumatic experience to try to contemplate baldness. Smiles on the ladies faces at this workshop, when they left with their goody bag of free products, were a wonderful thing to see. Sally Steenkamp*

## Workshop Pics



## Volunteer Recognitions



What fun we had at the following venues recognising the volunteers for their phenomenal dedication to the programme, many of them since we began in 2005!

JHB – The Saxon      CTN – Mount Nelson      PE – Isango Gate  
 DBN / PMB – Oyster Box      BFTN – Pimento Restaurant      PTA – O' Cantino Coffee Shop

It takes a village to make a difference...thanks to the professional management of workshops and incredible commitment of all involved - each goal for 2012 was exceeded.

It is with marvellous anticipation that we look forward to 2013.



## Avon Justine iThemba Ladies Day and Walkathons

What a stunning day! Celebrities, LGFB Models, Friends and Entertainers all celebrated



Proudly we exhibited our new branding at the Avon Justine iThemba Walkathons in Johannesburg and Cape Town, thanks to Louise and CDP Graphics



## “Unzip Inner Beauty



## Look Good Feel Better Offices



LGFB's new offices, to celebrate our new LGFB logo. Thanks to generous support from contractors → Nelson Mandela Bridge illuminated by Estee Lauder Companies<---



## Dates to Diarise 2013

### Golf Days

Thursday 18 April  
Tuesday 6 August

Durban Golf Day  
Johannesburg Golf Day

Zimbali Country Club  
Randpark Golf Club

**Thank you to our Board of Trustees, CTFA, Members of our Steering Committee, Volunteers, Hospital Staff & Friends**

**Founder Members:** Amway, Avon Justine, Avroy Shlain, Clarins, Colgate Palmolive, Elizabeth Arden, Environ, Estée Lauder Companies, Fascination Wigs, Indigo Brands, L'Oréal, Procter & Gamble, Revlon, Unilever

**Members:** Annique, Beiersdorf, Black Like Me, Evolabs, Johnson & Johnson, Kinky World of Hair, Ladine, Modern Hair, NCP Alcohols, The Prestige Cosmetics Group, Reckitt Benckiser, Sharon Bolel, SDV Pharmaceuticals, Sh'Zen, Twincare International

**Associate Members:** Galderma, The Sorbet Experience.

**Platinum Sponsor:** Oh So Heavenly

**Valued Sponsors:** Astra Zeneca, Berco, CABS Car Hire, Capex, CDP Graphics, CosmeticWeb, Professional Beauty, Chubb, Netcad, Ornico Media Information, Southern Sun Hotels, Special Freight Services, Protea Hotels

**“Look Good...Feel Better is like a makeover for the spirit & that is a beautiful thing.”**