

# KNOW SOMEONE WHO NEEDS A TREATMENT STARTER PACK?

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# INTERESTED IN CONTRIBUTING TO THE CAUSE?

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Specific Treatment Starter Pack details can be found at this link:

[tinyurl.com/youvegotthispack](https://tinyurl.com/youvegotthispack)

Contact us through email or social media and we would be happy to help with your donation or support someone you know with a Treatment Starter Pack.

*The You've Got This! Project*  
SURVIVED. HEALING. LOST

## CONTACT US

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The *You've Got This!* Project  
6240 Timber View Dr.  
East Lansing, MI 48823



[theyouvegotthisproject@gmail.com](mailto:theyouvegotthisproject@gmail.com)



The You've Got This! Project



@YouGotThisProj



YouveGotThisProject



@The-Youve-Got-This-Project



[theYouveGotThisproject](https://www.paypal.com/youvegotthisproject)

THE



*You've Got This!*

PROJECT

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# ABOUT US

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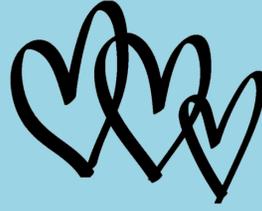
When one of our members was diagnosed with cancer, she felt overwhelmed not knowing how she would respond to treatment. A goal of the You've Got This! project is to lighten the effects of treatment with over-the-counter personal care items.

Treatment Starter Packs will be gifted to adults in the process of receiving chemotherapy and/or radiation treatment. Having these items on hand will get patients through the side effects or at least give them support when the side effects hit. This is an awesome way to lean into the treatment.

Treatment Starter packs will be distributed by contacting the project and through local cancer treatment centers.

The You've Got This! Project is a not-for-profit organization.

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## *You've Got This!*

### Three Hearts, Three Stories

- ♥ The ones who have **SURVIVED**
- ♥ The ones who are **HEALING**
- ♥ The ones we have **LOST**

*The You've Got This Project! strives to honor those that have survived, are healing and those we have lost.*

*Through its generous donors, the You've Got This! project continues to provide support to those in need.*

# STARTER PACKS

## UNSCENTED LIP BALM

Chapped, dry lips are a result of treatment. Lip balm keeps lips from cracking and becoming painful.

## CHILDREN'S TOOTHBRUSH

One effect of some chemotherapy treatments are sore and bleeding gums as well as mouth sores. A smaller toothbrush with soft bristles is gentler on the gums and mouth.

## LAXATIVES

For some individuals, the irregularity caused by chemotherapy is an ongoing problem during the treatment process. The ClearLax helps keep one regular during treatment.

## FLAVORED WATER

After just a couple of treatments, water has the tendency to have a metal flavor and/or it makes one nauseated. Flavored water is a healthy option.

## DRY SKIN THERAPY LOTION

Dry skin from chemotherapy is a problem during treatment and long after. This product will also help with changes in skin during radiation.

## SUGARLESS GUM

Dry mouth and nausea are common side effects of chemotherapy. Mint flavored gum provides relief for both side effects.