First Descents (FD) is the global leader in adventure-based healing. Through outdoor adventure, community building, and skills development, FD improves the health and quality of life for young adults impacted by cancer and other serious health conditions.

**STRATEGIC PRIORITIES**

**Expand Programs**
FD will expand programs to improve survivorship and quality of life while exploring new programs for other affected populations.

**Build Community**
FD will strengthen local adventure communities and nurture supportive peer relationships that provide ongoing healing.

**Prescribe Adventure**
FD will expand its network of healthcare professionals to reach more young adults earlier in the treatment process.

**OUR REACH**
- 10,000+ participants served
- 2,000+ participants annually
- 150+ programs annually
- 500+ hospital partnerships

**OUR IMPACT**
- 100% of participants reported increased ability to cope with cancer and its effects
- 81% reported increased self-efficacy
- 61% reported increased social support
- 59% decrease in episodes of depression

**MEDIA**

CONTACT FIRST DESCENTS: INFO@FIRSTDESCENTS.ORG | 303.945.2490

FIRST DESCENTS PROVIDES LIFE-CHANGING OUTDOOR ADVENTURES FOR YOUNG ADULTS (AGES 18 - 39) IMPACTED BY CANCER AND OTHER SERIOUS HEALTH CONDITIONS.