

# REFER PATIENTS



I WASN'T ALONE IN MY DIAGNOSIS ANYMORE. I REALIZED THAT WHEN I PUSHED MYSELF OUT OF MY COMFORT ZONE THAT BEAUTIFUL THINGS HAPPENED. I FOUND MY CANCER FAMILY. I FOUND HOME.

- FD Participant

## INCLUDE FD IN PATIENT CARE PLANNING

- Provide free, life-changing outdoor adventures for young adults (18-45) impacted by cancer and other serious health conditions
- Improve mental, physical, and emotional health of participants
- Build supportive peer networks and relationships

FIRSTDESCENTS.ORG | 303.945.2490  
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## REFERRAL PROCESS

Direct your patient to [www.firstdescents.org/programs](http://www.firstdescents.org/programs) and click "Apply Now" or call us at **303.945.2490**.

Any young adult diagnosed with cancer or multiple sclerosis between ages 15-39 or older is eligible, but the participant must be age 18-45 to attend. No prior outdoor adventure experience or skills are necessary!

## LOCATIONS

First Descents offers regional and national programs. From single day indoor climbing workshops to week-long destination adventures, we have a program for everyone!

## COST

First Descents programs are **100% free to all participants!**

