

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
MICHAEL.NEUSTEDTER@FIRSTDESCENTS.ORG

REFERRAL PROCESS

Direct your patient to 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 is eligible, but the participant must be between age 18-45 to attend. No prior outdoor adventure experience or skills are necessary!

LOCATIONS

First Descents offers week-long surfing, rock climbing, and whitewater kayaking programs nationwide. With over 45 week-long adventures provided annually, we have a program for everyone!

COST

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

