



Create your own event program:

Event ideas to help accelerate a cure.

Want to Host an Event But Not Sure What?

We Can Help!

Hosting an MMRF Independent Event is personal. It's about taking your passion and using it to raise critical funds for a cure to myeloma! **We are here for you every step of the way.**

We hope you find some inspiration from Hosts' past and current events on the following pages!

Be Inspired. Accelerate a Cure.

Create Your Event Today!



Food/Drink Inspired Events

- Bake Sale
- Benefit Dinner
- Chili Cook-Off
- Cooking Classes
- Cookout
- Cocktail Party
- Pub Crawl
- Tea Party
- Lemonade Stand
- Cookbook Fundraiser
- Spaghetti Dinner
- Cookie Decorating
- Wine Tasting
- Beer Tasting



Home Inspired Events

- Garage Sale/Yard Sale
- Lawn Mowing
- Leaf Removal Service
- Snow Shoveling
- Knitting/Sewing/Wreath Making Party
- Parties – Halloween, New Year's, Holidays, Birthday, Pool, and even Pet Parties!

Be Inspired. Accelerate a Cure.

Create Your Event Today!



At School

- Carnival
- Geography Bowl
- Prom Dress Drive
- Read-A-Thon
- Service Project
- Talent Show: Battle of the Bands, a Sing-a-Thon



At Work

- Jean's Day
- Hat Day
- Office Decorating Contest
- Office Picnic
- Coffee/Breakfast Buy In
- Extra Lunch Time Buy In

Be Inspired. Accelerate a Cure.

Create Your Event Today!



Around Town

- Balloon or Lantern Release
- Beard or Hair Cutting Challenge
- Car Wash
- Classic Car Show
- Movie Screening
- Painting Party
- Penny Drive
- Restaurant Donation – X% of every check goes to the MMRF
- Rubber Ducky Race
- Trivia Night



The Arts

- Concerts
- Fashion Show
- Gallery Show
- Art Auction
- Book Sale
- Poetry Reading
- Talent Show



Be Inspired. Accelerate a Cure.

Create Your Event Today!



Sporting

- Golf Tournament (or Mini-Golf)
- Bowling
- Yoga
- Dodgeball
- Swimming
- Ergathon (rowing)
- Volleyball Tournament
- Kayaking
- Wiffle Ball
- Softball/Baseball
- Basketball Tournament
- Soccer
- Wrestling
- Ice Hockey
- 5K/10K or Longer
- Tennis
- Cardboard Boat Racing
- Pickle Ball
- Cycling
- Dancing
- Roller Skating Party
- Ping-Pong Tournament
- Paddle Boarding

Thank You!

Additional Questions?

Please contact our Create Your Own Event team
and we would be happy to help:

Edward McMahon

Manager Independent Events

mcmahone@themmrf.org

203.858.1902