

Night Out For You 2025 Impact Report



Since 2016, Night Out For You Inc. has provided customized Experiences for hundreds of local adults undergoing cancer treatment, allowing them to remember who they are by forgetting their diagnosis for a few hours.

2025 Experiences



⟨ **35%** increase in Experiences granted compared to 2024 ⟩

Stress Reduction

Engaging in leisure activities can significantly reduce stress, anxiety, and depressive symptoms in people living with cancer, supporting well-being and factors linked to improved survival. Research shows that even one day of leisure activity can reduce stress levels by up to **30%**

Source: National Cancer Institute, Cancer Trends Progress Report (2022).

Community Support



458
Donors

87
Volunteers

\$62,434
Experience Value

2025 Experiences by Activity

