

**THANKS TO YOU - sponsors, participants and volunteers,** the Women's 5K Classic has distributed over **\$2,925,000 in the Greater Lehigh Valley since 1993.** Thousands of females in the Lehigh Valley (relatives, neighbors, friends, co-workers) benefitted from these grants in 2016

**Prevention, Education, Support, Fitness and Research for breast and gynecologic cancers are areas that advance the mission of the W5K Classic.**

**The programs that were funded include:**

**Breast and Gynecological Screenings** for low income and uninsured women

**Compression garments** for women with cancer related lymphedema

**Comprehensive Breast and Gynecologic Cancer Support Programs** which involve fitness classes, stress reduction and support workshops, nutrition programs

**Education/running program for elementary and middle school girls** that combines workouts that encourage positive emotional, social, mental and physical development while building self-esteem.

**Gene sequencing (20,000 genes) of a patient's tumor and inherited normal cells for qualified breast and gynecological cancer patients** to enable these patients to have a personalized cancer treatment including immunotherapy created to fight their cancer.

**Social Work Funds** to help with transportation, co-pay prescription costs, post mastectomy supplies and other daily needs where neither insurance nor income are available during cancer treatment

**Outreach programs in several languages** to educate women about the importance of health screenings and healthy behaviors as well as treatment for uninsured or underinsured women which includes various biopsies and lab tests.

Cost of **Meals** when female cancer patients are in need

**PLEASE SUPPORT OUR SPONSORS AS THEY ARE SUPPORTING YOU AND THESE PROGRAMS!**