

**THANKS TO YOU - sponsors, participants and volunteers,** the Women's 5K Classic has distributed over **\$3,000,000 in the Greater Lehigh Valley since 1993.** Thousands of relatives, neighbors, friends, co-workers have benefitted from these grants.

**Some of the programs that were funded include:**

- **A Comprehensive Promotion throughout the Lehigh Valley to educate women on the importance of Breast and Cervical Cancer Screening . This includes outreach programs in several languages throughout the community**
- **Breast and Gynecological Screenings, Necessary Biopsies and Lab Tests** for low income and uninsured women
- **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 cancers.
- **Compression garments** for women with cancer related lymphedema
- **Comprehensive Breast and Gynecologic Cancer Support Programs** which involve fitness classes, stress reduction and support workshops and 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.
- **Compassionate Care Funds** to help with transportation, co-pay prescription costs, post mastectomy supplies and other everyday needs during cancer treatment

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

**REMEMBER EARLY DETECTION CAN BE LIFE SAVING**

