



# *Women's 5K Classic*

*Proceeds to benefit the fight against Breast and other Gynecologic Cancers*

## WOMEN'S 5K CLASSIC 2019-20 FUNDED GRANT PROGRAMS

Thanks to our participants and sponsors, the 2019 Women's 5K Classic donated a total of \$200,000 to fund programs in the Greater Lehigh Valley that met our mission. This brings our 27 year total to over \$3,500,000. Below are listed the programs receiving the Women's 5K Classic's support.

**Allentown YMCA – BEAUTIFUL YOU BREAST CANCER RECOVERY PROGRAM** – providing a support group for women with cancer, group exercise classes including yoga, aqua fitness, Zumba, cooking classes, health lectures, seminars and some memberships.

**Bradbury-Sullivan LGBT Community Center** –Promoting Cervical Cancer Screening for the LGBT Community in the Lehigh Valley.

**Cancer Support Community** - providing free Breast and GYN cancer support groups. These regularly scheduled groups emphasize tools for a healthy lifestyle and educational workshops as well as to bring hope to women diagnosed with Breast and GYN cancers, their family members and caretakers.

**Girls on the Run of Lehigh Valley** - offering girls in grades 3-8 a fun, running-based program which incorporates an educational component designed to boost girls' self-esteem, team values, confidence and positive health and nutrition habits.

**St. Luke's Lehighon Campus**- providing Screening and Diagnostic Mammography for uninsured and underinsured women.

**Lehigh Valley Health Network -Cedar Crest**- Funding includes personalized clinical trials for advanced women's cancers, often lifesaving. Also, offering a program that helps with transportation for cancer patients, and funding a resource library of how to talk to children and family about a cancer diagnosis.

*The Women's 5K Classic is a volunteer 501(c) (3) non-profit organization.*



# *Women's 5K Classic*

*Proceeds to benefit the fight against Breast and other Gynecologic Cancers*

## WOMEN'S 5K CLASSIC 2019-20 FUNDED GRANT PROGRAMS

**Lehigh Valley Health Network – Muhlenberg** offering compression garments for women with Cancer Related Lymphedema if insurance does not cover the cost.

**Planned Parenthood** - offering cancer screening services such as pap tests and colposcopies for low income and uninsured women.

**St. Luke's Hospital – Sacred Heart Campus** - provides a Reaching out for Healthy Women Program by providing through the Parish Nurse Project an educational component in several languages of the importance of testing and offering clinical services such as pap smears and screening mammograms for the underserved population.

**St. Luke's Hospital – Cancer Center** - provides funding to the Cancer Compassion Fund to female cancer patients during their cancer journey by giving money for essential purchases and bills which are not covered by insurance and are necessary while undergoing treatment.

**Pink Heals – Lehigh Valley** - provides funds for their Benevolent Society where necessities and niceties are provided to female cancer patients while undergoing treatment

*End of 2019 Grants*