



Women's 5K Classic

Proceeds to benefit the fight against Breast and Gynecologic Cancers

THANKS TO YOU – SPONSORS, VOLUNTEERS AND PARTICIPANTS

Thousands of Lehigh Valley relatives, neighbors, friends and co-workers have benefitted from grants provided by the Women's 5K Classic. **Since 1993 over \$4.2 million has been distributed to non-profit cancer related programs and programs that promote female fitness and good health. This year \$200,000 was added to these local programs.**

Funding has been given to programs that offer the following:

- Continued funding for clinical trials in rejuvenating the body of advanced ovarian cancer patients using immunotherapy after T cells have become exhausted from chemotherapy. Positive results have already been seen
- Compression garments given for un or under- insured women with cancer related lymphedema to ease the pain from inflammation
- Compassionate Care funds to help with everyday expenses when help is needed during cancer treatment (examples: co-pay prescription costs, mastectomy supplies, transportation to treatments), as well as rent and mortgage assistance to women undergoing cancer treatment
- Costs for Breast and Gynecological Screenings and their importance, necessary biopsies and lab tests for low- income and uninsured women
- Comprehensive Breast and Gynecologic Cancer Support Programs, including fitness classes, stress reduction education, nutrition programs and camaraderie
- Sponsorship of exercise programs which encourage positive emotional, social, physical developments while building self-esteem for elementary and middle school girls
- Holiday dinner prepared by cancer survivors for cancer warriors and their families

PLEASE SUPPORT OUR SPONSORS AS THEY SUPPORT YOU