



**Fall 2025**

## **THANK YOU TO OUR SPONSORS, VOLUNTEERS, AND PARTICIPANTS**

Thousands of Lehigh Valley relatives, neighbors, friends, and co-workers have benefited from grants provided by the Women's 5K Classic. Since 1993, more than **\$4.5 million** has been distributed to nonprofit cancer-related programs and initiatives that promote female fitness and overall health.

This year alone, **over \$193,000** has been distributed—or will soon be awarded—to support these vital local programs.

### **Funding has been provided or approved for programs that support:**

#### **Ovarian Cancer Treatment Monitoring**

Continued funding for testing that monitors the impact of treatment programs for patients with platinum-resistant or platinum-intolerant ovarian cancer.

#### **Comment:**

“We now have nine exceptional survivors of advanced ovarian cancer who are platinum-resistant or chemo-intolerant, thanks in large part to the support from the Women's 5K.”

#### **Lymphedema Compression Garments**

Compression garments for uninsured or underinsured women with cancer-related lymphedema to help reduce pain and inflammation.

#### **Patient comments:**

“The day garment has helped me get through the day by reducing swelling and giving me comfort. The night garment helps me sleep. I'm very thankful for the care and support your donation provides. Without it, I wasn't managing.”

“Thank you so much for providing me with a custom compression sleeve and glove. I developed lymphedema during my treatment, affecting my hand and arm. This was especially challenging as I work with children who use sign language to communicate. The treatment and compression helped me return to signing.”



Although it has been a struggle, I am deeply grateful for this generous support—it has helped me get back to life.”

### **Compassionate Care Financial Assistance**

Funds to help cover everyday expenses during cancer treatment, including prescription co-pays, mastectomy supplies, transportation, rent, and mortgage assistance.

**Comment:**

“A 37-year-old patient completing chemotherapy and recovering from surgery was unable to work and struggled with basic living expenses. Financial assistance from a Women’s 5K–funded program eased her burden and allowed her to focus on recovery without the stress of housing insecurity or loss of utilities.”

### **Breast and Gynecological Screenings**

Breast and gynecologic screenings, including biopsies and lab tests, for low-income and uninsured women.

**Comment:**

“A 69-year-old uninsured woman, who had not seen a medical provider in six years, was recently able to complete diagnostic testing to rule out breast cancer.”

### **Comprehensive Cancer Support Programs**

Holistic breast and gynecologic cancer support programs, including fitness classes, stress reduction, nutrition education, peer support, and wellness resources.

**Participant comment:**

“I felt this program was well-balanced and essential in starting my recovery post-cancer treatment.”

**Patient comment:**

“When I began chemotherapy, I wanted a wig, but even with insurance it was more than I could afford. This program gave me the opportunity to select a wig that helped me feel better about myself and maintain grace and dignity during treatment.”



## **Youth Empowerment Through Fitness**

Sponsorship of exercise-based programs that promote emotional, social, and physical development while building self-esteem in elementary and middle school girls.

### **Parent comment:**

“Girls on the Run has given my daughter the confidence to face her anxieties. I watched shy, quiet kids become leaders willing to voice their opinions, while older girls instilled confidence in their younger teammates.”

## **Community Support and Connection**

Holiday home-cooked dinners prepared by cancer survivors for cancer warriors and their families.

**PLEASE SUPPORT OUR SPONSORS AS THEY SUPPORT YOU!**