Unite for HER 2014

ANNUAL REPORT

[Images and text related to the annual report]

unite for HER
Helping to Empower & Restore
Letter from our Chair

2013/14 Highlights

Celebrate the Past...

Our Stories: Carol

Our Stories: Nina

Our Stories: Meredith

...Embrace the Future

Financials

Donors
Dear Friends of Unite for HER,

It is an enormous privilege to be writing to you as the Chair of the Board of Directors of Unite for HER, a position that has been held by Sue Weldon since she founded Unite for HER in 2009. What began with one woman’s extraordinary vision of a way to heal, empower and restore women with breast cancer has become a vibrant organization that has touched thousands in our community. Sue will continue her inspired hands-on leadership of the operations at Unite for HER as the President and CEO. As the Chair of the Board, I now have the distinct honor of leading the dedicated, independent Board of Directors in providing necessary oversight and ensuring that the strategic goals of Unite for HER continue to be fulfilled. I am humbled by this opportunity to work with the Board alongside Sue, and together we are ready and eager to welcome this next phase of growth for Unite for HER.

To all of you who have donated to Unite for HER, thank you. Just this past year, your financial support has allowed us to add partnerships with four new hospitals this past year, and to increase the number of women that we are serving to more than 1,000. First and foremost, Unite for HER is about our women. Despite our substantial growth, Sue still gives every participant her cell phone number, and she treasures those personal connections perhaps more than anything else she does. We are nourished and inspired by their testimonials that our Wellness Days gave them hope and our programs changed their lives. In 2014 we saw tremendous growth in our community outreach programs as well, and brought our message about the importance of healthy living choices in preventing disease to thousands in the Philadelphia region through corporate and community groups, and also through educational programs at middle schools, high schools and colleges.

As we move forward in 2015, we remain mindful of the need to balance increased reach with increased depth, and even as we add new partnerships, we continue to seek new ways to maximize our impact on every level. There is still much unmet need here in the Philadelphia area, and we are fueled by all the opportunities for us to increase our impact. We are so fortunate to have a vibrant and diverse team including our dedicated staff (Sue W., Cameron, Julie, Gail and Sue F.), visionary partner hospitals and clinics, trusted advisors, writers, and educators, and a deeply committed Board of Directors, as well as donors who make everything possible. Thank you for sharing in our vision, and for supporting our work.

With much appreciation,

Maia Tolsdorf
Executive Board Member, 2013
Chair of the Board of Directors, 2014

2013/14 Board of Directors:
Susan Weldon
President and Founder
Kimberly DiBiaggio
Vice President
Robert Griesemer
Treasurer/Finance Committee
Jan Nowell
Secretary
Robert Fried, MD, FACS
Meghan Kelly
Karin Risi
David Singer, MD
Douglas Smith
Maia Tolsdorf
Chip Weldon

Staff:
Cameron Cavuto
Special Events Manager
Sue Falcone
Bookkeeper
Julie Hillhouse
Communications Director
Susan Weldon
President

Advisors:
Thomas Burgoon, MD
Katie Cavuto, MS, RD
Alison Donley, E-RYT 500
Andrew C. Laird
Thomas A. Lynam, III
Danielle Messina
Kate O’Connor, LSW
Louise Pancott
Steve Pancott
2013/14 Outreach Highlights

**Outreach Program Services**
- $540,961
- +32%

**Hospital Wellness Partners**
- 14 hospital partners
- +40%

**Patients Served**
- 1,000
- +50%

**Grants Awarded**
- +24%
- 26
Celebrate the Past…

BY SUE WELDON, UFH FOUNDER AND PRESIDENT

It is in moments of reflection, as this report is prepared, that we are able to more clearly examine the challenges and successes that have helped shape and define Unite for HER. Often, it is only upon looking back that we understand the lessons of history and can prepare ourselves to move forward—stronger, wiser, and more determined. This insight also comes with a thorough appreciation for all the people who made it possible to breathe life into the UFH mission and impact the lives of women and families affected by breast cancer.

The 2013/14 outreach highlights on the previous page provide a brief visual snapshot of UFH growth over the previous year, and on page 13 you will find additional financial reporting information. However, what has always made UFH unique as an organization is our personal, compassionate, hands-on approach to helping others. Facts and figures allow you to see improved efficiencies, ongoing good stewardship, and a commitment to keeping operational costs down…but that isn't the heart and soul of UFH.

The women who participate in UFH wellness and survivorship programs are the reason behind all we do. It is their needs, their health, and their brave spirits that drive UFH to be better and reach more patients. To help our supporters fully understand the impact UFH has on the lives of women in treatment, a few personal stories of hope and healing follow this introduction. You will meet Carol, Nina and Meredith and their courageous journeys will inspire you. We encourage you to take a moment to reflect with them on this past year and how UFH impacted their path to restoration.
My road through breast cancer has been an adventure! I was diagnosed at the age of 69, just before Memorial Day of 2012. My treatment plan was a lumpectomy in June, chemotherapy July through November, followed by radiation. The lumpectomy revealed a much larger tumor than expected so I choose a double mastectomy scheduled after chemo.

After the final six-week checkup from all the physicians, my husband and I embarked on my post cancer bucket list road trip. We had never been to the west coast, so that is where we headed. After a visit with my daughter in Denver, we went to Las Vegas since we wanted to see the Hoover Dam. We drove to Santa Barbara and along the amazing California coast to Monterey, and then met my son's family in Yosemite followed by a trip to San Francisco. We then headed north along the Pacific coast through northern California, Oregon, and Washington and took the ferry to Victoria, British Columbia and Vancouver. We came through Seattle, Idaho and Montana on our way home. What spectacular things we saw that we had only read about. My favorites were the sequoias and redwoods of California, as well as the sea lions and seals along the coast!

Near the end of my chemo treatments, I was invited to a wellness day hosted by Unite for HER. It was my bad week and I wasn't sure I would be able to last the full day. The program was so good, and I did stay! Kind, knowledgeable and professional therapists presented helpful information. Things I had heard about but had never tried, like yoga, acupuncture, healing massages, Reiki, and nutritional information. At the end of the day I chose yoga and acupuncture. Since I was scheduled for my double mastectomy, I didn't begin my therapies until after the surgeries, radiation and road trip were finished.

I began these therapies uncertain of how they would help me. After using my original vouchers for acupuncture, I went back for a second series of 12 treatments. I came away with less stress, better sleep patterns, healthier eating choices, more regularity, less pain from tight tissues, feeling stronger and more comfortable. The yoga presenter, Alison Donley, made it seem that I could try this for the first time at the age of 70. I never thought I would enjoy yoga as much as I do! The instructor has such an encouraging manner and makes allowances for restrictions to positions. She provides adaptations so that you can comfortably achieve the positions presented in the practice. The breathing techniques have given me the composure to face challenging and stressful situations. Her practice has enhanced my flexibility and aided my balance. I have continued with the yoga practice for a year now and am disappointed whenever I have a conflict and cannot go to my classes twice a week. I find the sessions have aided my recovery and improved my range of motion.
The nutritional presentation by Katie Cavuto is so motivating that you just have to make changes in your eating habits; and the Lancaster Farm Fresh vegetable CSA share jump starts your change in diet. I look forward to listening to her vital presentation each time I am privileged to hear her speak.

Since retiring from teaching school, I wanted to give back to my community but just never got around to it. I feel strongly about doing what I can to help other women faced with breast cancer, and Unite for HER has given me the opportunity to help. I volunteered at the annual Pink Invitational gymnastic meet held in Philadelphia last February. I was awed and humbled by the number of people who are providing support for this awesome organization. I have helped at wellness days for newly diagnosed breast cancer patients in our area. It is rejuvenating for me to hear the presenters showing how the various therapies can help in the healing of breast cancer and the side effects of traditional treatments.

Unite for HER has given me a completely new chapter to the rest of my life. I am trying things I would never have done before. At the age of 70, I participated in my very first ever 5k walk and came back again this year for my second time around!
I was diagnosed in February of 2013 with stage 2 breast cancer. I had surgery in March and was scheduled for chemotherapy in May. I got an invitation from my nurse coordinator to attend a Unite for HER wellness day on Sunday, April 7. I didn't know what to expect, but was delighted to be part of this magical day!

I got to the Main Line Health Center in Newtown Square at 8:30 a.m. and was greeted with a warm welcome at the registration desk. Well, little did I know how my life would change for the better that day. I joined women who were going through the same journey as I was. There were joyful tears and I felt for the first time in days and weeks that I would be ok! I would survive and I was not alone. I was empowered with the right information on how to cope with a breast cancer diagnosis and treatment. Unite for HER rekindled my hope and determination to fight.

I felt so comforted when Sue Weldon took the stage and showed us some ways to regain control and possible choices to make that happen. I have to admit I had so many dark days since my diagnosis on February 6 and was not looking forward to starting chemotherapy.

At the wellness day, we were educated on acupuncture, massage, yoga, nutrition, how to use our CSA share, and healthy skincare. At the end of the day we were given vouchers for each therapy to help us take good care of ourselves while going through our breast cancer journey.

While I was going through chemotherapy, my vouchers came in handy to reduce the side effects of my treatments. Acupuncture helped me with my nausea, fatigue, hot flashes, insomnia and balancing. Massages helped me relax and take time to myself. As soon as I was able to practice yoga, I scheduled a time and what a treat that was! All the stretching, breathing and strengthening helped me to strengthen my physical and emotional wellness and create peace through meditation. I also really appreciated my CSA food delivery from Lancaster Farm Fresh every week. The vegetables were fresh and organic. I also learned from the best chef, Katie Cavuto, how to cook healthy and shop wisely.

All in all, Unite for HER prepared me both physically and emotionally to cope with my breast cancer diagnosis and treatment. It reinforced my positive spirit, optimism and my will to fight...which led me to a quick recovery. With all the help and education I received, today I feel strong, healthy and full of hope. Not only has my life changed for the better but my family’s as well! My kids have learned a great deal about how to take good care of themselves and make good choices for their health and wellness.

Dear Unite for HER, thank you so much for helping me find my way to happiness and great health!
“And so I made two promises to myself that became my beacons: to trust my instincts and to be well as I completed the steps that I had to do to get well.”

Our Stories

MEREDITH

I was honored to be asked to share my story with United for HER’s many supporters. And yet, I struggled with shining a spotlight on such a highly personal (and painful) experience, one that isn’t quite behind me. Then a bit of grace: an email floated across my desk as I sat down to compose this, with these words contained within it: “And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our fear, our presence automatically liberates others.”

And thus, with deep gratitude to its author, Marianne Williamson, I had direction in what I wanted to share, and why.

This chapter of my life began when I was 39, my children the tender ages of 6, 3 and 1. I was chasing them around the pool one late June day, amongst a yard full of friends and kids, and some small movement registered a lightly painful pressure under my right arm. My fingers detected a lump there, the size of a large grape. I considered it only for a moment before dismissing it as the likely result of a recent cold (I’m wiser now). I had, after all, just had two breast exams at routine well-visits at my gynecologist and primary physician. A happenstance breakfast conversation a week later with a friend whose 39-year-old sister (young, fit, with children just the ages of mine) had just had a double mastectomy changed everything. I was jolted from complacency, and called for an appointment with my primary from the parking lot.

The concerned looks from my doctor a few days later led to scans, then biopsies, then the much anticipated and very dreaded phone call. I learned while driving with my husband on the Schuylkill Expressway on my 40th birthday that I had stage 3 breast cancer that had spread to several axial lymph nodes. We somehow navigated home and started dialing our closest family members.

It seemed improbable. In fact, it seemed impossible: I had done everything right. I have never been a smoker, I run and do yoga several times per week, I have a great diet, I am a nearly life-long vegetarian and an avid organic gardener and cook. I breastfed all three of my children for two years, with the exception of my youngest who was still breastfeeding at the time (we had to curtail that early).

Somewhere in the tornado of the first week after my diagnosis, a wonderful nurse handed me a clean, new binder to organize the deluge of paperwork and CDs that would follow—a welcome kit to breast cancer. She showed me a tab toward the back, with information about an organization called Unite for HER, and praised its brave founder, also a breast cancer survivor. UFH’s services sounded enlightened and wonderful, but I could barely hear her words over the rush of the mounting panic in my brain.

And so, I stumbled through the ensuing weeks, thick with more tests and second (and third) opinions. I cobbled together “my team” of doctors to shepherd me through the journey that is cancer treatment, and brought to them my pages of questions that didn’t seem to be covered in their
handouts my oncologist provided. Is acupuncture contraindicated during chemo?
How can I eat better and take natural supplements for my changing nutritional needs during and after treatment? What books will instruct me about wellness during treatment? Can I still take my long runs, which are my oasis of sanity?

Discouragingly, these questions were met by my oncologist with responses that ranged from dismissiveness to galling disrespect. And so I made two promises to myself that became my beacons: to trust my instincts and to be well as I completed the steps that I had to do to get well.

And so the week I began chemo, I registered for a half marathon a couple months away, a length I’d never run before. I vowed: I would not let cancer—or treatment—make me stop trusting my body. With the support of my husband, I trained for my race between bi-weekly chemo treatments and walked every day that I couldn’t run. Somehow, as I “settled” into the routine of chemo, I remembered that tab in the now worn binder, buried in the notes and test results I’d accumulated.

And so it was that Unite for HER began to help me fulfill my promises. Through the vouchers that Sue Weldon makes possible, and the Wellness Day I attended during treatment, I sought services from practitioners she had personally vetted, all attuned to the specific needs of breast cancer patients. I received acupuncture, private yoga instruction, nutrition counseling and Reiki, which brought relief from the nausea, ache and insomnia of chemo, and the nerve damage and muscle loss I sustained after surgery. I talked openly with women of every age and stage of cancer, whose experiences were similar—and totally not—to mine. I received fresh, amazing vegetables from a local CSA, a luxury that I wouldn’t have availed myself of as my staggering medical bills mounted (and I am now a convert and CSA addict).

And mostly: I felt less alone and more empowered. My belief that I could do better than what a doctor or book said I would experience was reinforced. I ran my race; bald, and at times crying with gratitude. The sign I made and pinned on my back read, “We’ve all come via our own journey…today we run together with Courage, Gratitude & Love.”

To Sue and your wonderful team at Unite for HER: through your shining example during this (sometimes horrible, and sometimes unexpectedly wonderful) journey, you instilled in me the courage to let my own light shine, and in doing so, help others to the same. You have my forever gratitude.
...Embrace the Future

Hopefully these stories illustrate how UFH has built an organization with a cornerstone of putting the needs of women first. We know the names, faces, families, fears, goals, triumphs and trials of each of the 1,000 breast cancer patients we serve annually. UFH is humbled to be welcomed into their lives during a vulnerable time and we are committed to leading them out of the despair they feel and taking them to a place of balance, empowerment and complete healing.

In the 2014/15 fiscal year, we hope to form new partnerships in order to bring much-needed additional support into the wellness and medical communities and bridge the gap in the standard of care. UFH will deepen existing partnerships, making their presence and resources available to increase impact and efficiencies while maintaining the personalized care we are known for.

Education and prevention will also continue to be at the forefront of UFH outreach. A proactive and preventative approach to health and wellness, instead of a reactive approach, is valuable for people of all ages. UFH is devoted to empowering women and girls to make the best choices for lifelong health benefits through educational materials, online resources and live presentations.

UFH is greater than the sum of its parts due to the overwhelming generosity of our donors, sponsors and volunteers. For those who poured their time and energy into the lives of breast cancer patients and worked to ensure the success of UFH events, your efforts are a blessing to others while planting precious seeds of hope. Thank you for entrusting UFH with your gifts and talents; we truly treasure them. So let’s embrace the future together and strive towards making an even greater impact in the year ahead.
2013/2014 Fiscal Year

Income
Total: $777,540
- Contributions/Donations $101,058
- Special Events $250,407
- Pink Invitational $419,937
- Grants $5,000
- Interest Income $1,138

Expenses
Total: $738,657
- Fundraising $131,983
- Outreach Program Services $540,961
- Mgmt/General $65,713

Outreach Program Services
Total: $540,961
- Education/Outreach $195,564
- Wellness Programs $396,308
- Grants $39,089

Five-Year Comparison for Outreach Program Services

<table>
<thead>
<tr>
<th>Year</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>2009/10</td>
<td>$81,017</td>
</tr>
<tr>
<td>2010/11</td>
<td>$161,594</td>
</tr>
<tr>
<td>2011/12</td>
<td>$216,775</td>
</tr>
<tr>
<td>2012/13</td>
<td>$414,736</td>
</tr>
<tr>
<td>2013/14</td>
<td>$540,961</td>
</tr>
</tbody>
</table>
Donors

**$20,000 AND UP**
AJS Pancott Gymnastics NTC
Frey Boutique – Holloway Family
GX Elite Sportswear
Mancino Manufacturing Co., Inc.
NEGX-Gymnastics Express
Chip & Susan Weldon,
T Rowe Price Matching Funds

**$15,000 AND UP**
Verizon

**$10,000 AND UP**
Gymnastics at Brentwood Commons
Bobbie Hillhouse
Main Line Health Systems
Marriott Business Services
The Roemer Foundation
Skyline Gymnastics

**$7,000 AND UP**
Acure Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$5,000 AND UP**
B. Reed Henderson High School
Casal of Bibbiano Winery Tuscany
Coldwell Banker Preferred Cares
Exton Office
William & Ann Eckerd
E.N. Peirce Middle School
KB Gymnastics
Sean Mc Hale & Karin Risi
Clyde & Taryl McKee
NAWGJ
Northwest Designs, Inc.
PA State Gymnastics Board
Phoenixville Community Health Foundation
Prestige Gymnastics
Team Photo
Tour de Shore
Unionville High School
Villari, Lentz & Lynam, LLC

**$3,000 AND UP**
A2 Gym & Cheer
Bayard Rustin High School
Berk East
BioBag Americas, Inc.
Bishop Shanahan High School
Captivating Cosmetics
Cartwheels and More
Katie Cavuto, Healthy Bites
Centre Elite Gymnastic Inc.
Food Should Taste Good, Inc.
Garnet Valley High School
Caroline & Randy Green
Hilton Garden Inn
LARABAR
Silvia’s Gymnastics
Twin Peaks Cancer Foundation
Win-Win Gymnastics
Women on Course/UNFinancial

**$2,000 AND UP**
APEX Gymnastics
CVS Caremark Charitable Trust
DiBiaggio Family/SAP
EGCPA/Team Lightning
Elliott-Lewis Corporation
Exelon Generation
Robert Fried, Jewish Federation of
So. Palm Beach County
Robert & Carol Griesemer, Financial House
Gymnastic Training Center of Simsbury
King Laird P.C.
Lancaster Farm Fresh Cooperative
Laura Mely
Mark Morgera
Owen J. Roberts High School
Palmaz Vineyards
Penn Medicine
PTM Sports
Raymond Vineyards
Sovana Bistro
Terrain
Turner’s Gymnastics, Inc.
Upper Cervical Chiropractic
USLI Neurology Center
USLI
Victory Brewing Company
Wegmans Food Markets
Brittany Weiss
West Chester East High School

**$1,000 AND UP**
Advanced Chiropractic
Aerials Gymnastics
Albert Einstein Healthcare Network
Altoona Gym Kids, Inc.
Aman’s BYOB
Aqua Charitable Trust
Arianna’s Gourmet Cafe and Catering
Automated Financial Systems, Inc.
Baia Restaurant
Dr. Patricia Bailey & Richard K. Murray
The Benevolity Community Impact Fund
Berrypius
Blackfish BYOB
Nancy & John Boscarelli, JRB
Wealth Management
Bosom Buddies
Brinker, Simpson & Co, LLC
Cakes and Candies by Maryellen
Camp Woodward Gymnastics
Care Fund at USU
Carroll Gymnastics
Celtic Complexion
Clif Bar & Company
Crown Trophy
The Dansko Foundation
Docksiders Gymnastics, Inc.
Downingtown East High School
Eclat
Einstein Medical Center Montgomery
Envision Gymnastics
Flips Gymnastics
Forty 1 North
Ggi Gi Lingerie
GreenTree Landscaping of West Chester
The Harvey Family
High Performance
Highlander Booster Organization, Inc.
Home 2 Suites Philadelphia
International Gymnastics Camp
J Hatiﬁeld Fitness
Kinetic Physical Therapy and
Human Performance Center
LARA Gymnastics
Andy Laird
Legends Gymnastics
Joseph & Ellen McLaughlin
Joseph McLaughlin Jr.
Medical Acupuncture of Chester County
Mushroom Farmers of PA
Octorora High School
Off Limits Gymnastics
Paoli Medical Staff
Phoenixville Foundry
QVC, Inc.
Ristorante Panorama
Road 9, LLC
Russet
Alicia Saltarelli
SAP America, Inc.
The Shapiro Family
Siemens Medical Solutions USA, Inc.
Alber & Jen Simmons
SmajlGirl Development Inc.
Doug Smith—Verizon Volunteer Match
Tao Institute
Sandy Theiz
Tri-Star Gymnastics
Tumberry Solutions, Inc.
Twin Brooks Winery
Weleda North America

**$750 AND UP**
Arcadia Gymnastics & Fitness Center
Aronominik Paddle Tennis
ASAP Advanced Prep Ops
Bright Stars Gymnastics Academy
Cumberland Gymnastics, Inc.
Dominics
Elizabeth Everett
Force Sports Academy
Jeff Harvey
Kalpana Patankar, MD
Kaplans Fine Jewelry
Kennent Gymnastics
Marly’s
Amy McQuillan
Montgomery County Gymnastics
& Cheer
New York Community Jewish High School
Pepperonci Restaurant & Bar
POWLAX
Region 7 Gymnastics
Restaurant Alba
Robert Ryan Catering
Roots Cafe
Shari Smith—Verizon Volunteer Match
Student Services, Inc.
Supper
USA Gymnastics
The Whip
Will-Moor Gymnastics

**$500 AND UP**
Abramson Cancer Center
All About Women, PA
All American Flames
All Pro Gymnastics & Cheer
Ashil Mixell Inc.
Burlap and Bean
Butler Hy-Flyers
Carouge Family Foundation
Charlestown Cooperative Farm
Cherry Hill Gymnastics
Ches-Co Gymnastics
Ciao Bella Lucia Salon & Spa
Columbia Gymnastics
Delaware Valley Gymnastics Academy
Delaware Valley Healthcare Council
Dia Doce
Dynamats
Maggie Eberts—Cranes for Hope
Fox Chase Bank
Gibbons Insurance Agency, Inc.
Grace Winery
Gym Starz
Harford Gymnastics
Harvest Seasonal Grill and Wine Bar
Hershey Aerials
Hillcrest Farms
Honest Tea, Inc.
Pamela Hudson
Jewarts Gymnastics New Hope
Foundation
Kendrick Kippettes
Julia Kennedy & Eugene Gordon
Kimberton Award & Trophy, Inc.
Patria Kingery, Bank of America
Matching Gift
Kleinsmith
Laketees Team Boosters Club
Leardy Dentistry
Lymphedivas
Magee Women’s Foundation
Luke & Cynthia Marano
The Master’s Baker
Keith & Ali Morgan
Nashville Benefit Concert—Carter Green
Nastics, Inc.
Louis Nees
Northeast Gymnastics Academy
Nourish Juice Bar & Cafe
Prícia Palmier
Patrick Liam Photography
Penns Woods Winery
Philadelphia 76ers Camps
Pi Delta Chi Sorority
Kristin Risi
Riverview Landscaping and Tree Service
Owen J. Roberts—Brothers for Others
Steven & Allyson Ross
Gregory & Rebecca Shemanski
Linda & William Simmons
Carol Sterling
Suni oneonta
Surgical Care Affiliates
TD Bank
Christopher & Maia Toldsl
Richard & Kimberlee Tonetti
Top Flight NJ
United Sports Academy
White Manor Country Club

**$250 AND UP**
ACAC Fitness & Wellness Centers
Donald & Joan Allen
Cynthia Belliveau
Stephen Belliveau
William & Sharon Biermann
Jean Billings
Thomas Billone
Tour de Shore
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$150 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$100 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$50 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$25 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$10 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$5 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$2 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization

**$1 AND UP**
Acute Organics
AJS Pancott Youth Board
Avon Grove High School
Gym Dandys
Unite for HER Youth Board
Upper Merion Dance & Gymnastics
West Chester University
X-Cell Gymnastics Parent Organization
"There is no exercise better for the heart than reaching down and lifting people up."

— John Holmes