Because of you... Hundreds of newly diagnosed women received a full year of Unite for HER programming—healing, educating, and supporting their needs during treatment and beyond.

Because of you... Our women felt supported and empowered at a time when they were at their most vulnerable.

Because of you... Our programming touched the loved ones in our women’s lives. Husbands, partners, parents, and siblings receive our support—enabling them to help our women build confidence and resilience through treatment and recovery.

Because of you... We educated more than 20,000 women and students about the importance of adopting healthy, preventative measures to take control of our health and wellness.

Thank you for being such passionate and committed ambassadors of Unite for HER. This year more than ever, our community has emerged. It’s clear that you know who we are, where to find us, and how to support us! We couldn’t be more grateful.

At Unite for HER, we are honored to serve these beautiful women and their families year after year through their darkest days. With your support, we’re proud to share the significant pros we’ve made this year on several fronts—all with the goal of fortifying our infrastructure to serve more women affected by breast cancer. We eagerly took on the challenge of adding two new hospital partners, Jefferson and Crozer-Keystone Health Systems. With these two new relationships, we now partner with 22 hospitals and cancer affiliates throughout the region. These relationships are vital to Unite for HER, serving as the critical connection point between our organization and the women we serve. To meet the growing demand for our services, we added two talented women to our small, hardworking staff. We expanded our social media presence and enhanced our professional services team with additional financial and legal support. This year, we made steady and deliberate progress in establishing the infrastructure needed to carry us far into the future.

At Unite for HER, we rise by lifting others and we thank you for being such an integral part in this year’s expansion and in the journey ahead.

Yours in Wellness,

Sue Weldon,  
Founder and President

Karin Risi,  
Board Chair

Unite for HER
Helping to Empower & Restore
2016-2017 YEAR IN REVIEW

TOTAL REVENUE

$1,667,065

WHERE DOES THE MONEY GO?

89.9% PROGRAM SERVICES & OUTREACH
4.7% MANAGEMENT & GENERAL
5.4% FUNDRAISING

ACCOMPLISHMENTS & IMPACT

- Offered 22 Wellness Days
  Provided hands-on support to 741 newly-diagnosed breast cancer patients through Wellness Day program.

- Increased Hospital Partnerships
  Added three new partnerships with hospitals and cancer centers, serving a total of 22 locations.

- Raised $129,000 through Students Unite for HER
  Grew SUFH program by 12 schools, totaling 42 participating schools.

NEXT YEAR’S GOALS

- Increase the number of Wellness Day Program participants to 1,100
- Increase the number of Wellness Days by 50 percent, totaling 32
- Provide meaningful access to program services in underserved areas
- Grow fundraising events and grants by 20 percent
- Grow Students Unite for HER program by 20 percent
WELLNESS DAYS

Through the Unite for HER Wellness Day program, breast cancer patients learn about the benefits of complementary therapies and create a personal plan for incorporating these fully-funded services into their treatment and recovery.

The women in Unite for HER’s Wellness Program represent all ages and all stages of disease and treatment—what they share is a common need for guidance, support, and the resources for healing. At small group Wellness Days, Unite for HER introduces participants to therapies that have been proven to alleviate the devastating physical side-effects and emotional challenges arising from treatment, including acupuncture, massage therapy, yoga/meditation, exercise programs, nutrition services, Reiki, and professional counseling.

Following the Wellness Day, Unite for HER fully funds up to $2,000 of the complementary therapies each woman chooses to meet her unique needs, all delivered through our network of specially-trained and compassionate practitioners. This program is the first and only in the Philadelphia area to deliver complementary therapies to breast cancer patients, all at no cost to the participant. This past year, we delivered twenty two Wellness Days to 740 women.

“My Wellness Day was a life moment that I don’t think I will ever forget. Even after a couple of days, I still fill up with tears when I think about what a blessed experience this day was for me.” Carol

THRIVE!

This spring, we welcomed fifty nine of our past program participants for an afternoon of reconnection, renewal, and rejuvenation. The retreat featured healthy living experiences including yoga, meditation, healthy beauty, and nutrition. Many participants reported afterwards “I didn’t realize how much I still needed this.”
***BECAUSE OF YOU***

_Eileen found guidance._

“I’m a pretty strong person, but after my diagnosis I just felt lost at sea. I was looking for someone to give me a shove in the right direction. That was what Unite for HER did for me—you put me on the track and helped me see where I needed to go.

I used my Wellness Passport for acupuncture, hoping that it would help with the neuropathy in my hands and feet. The first two treatments were helpful, and after the third treatment the relief was almost immediate—I walked out and felt like a million bucks! I hadn’t expected it to help with the crippling fatigue I was experiencing, but it did that too. When you are going through treatment, you don’t always want to tell the people you love how you are struggling. My acupuncturist, Dr. Stroz just knew, and let me get it all off my chest. I probably wouldn’t have tried acupuncture without Unite for HER, but now I know I will keep going for the rest of my life.

Unite for HER let me see the breast cancer as a gift—not everyone gets a wake up call like I did. My experience with Unite for HER allowed me to see all the beautiful things, all the kindness shown to me during that time. I can’t put into words how much you helped me. I am so grateful to Unite for HER for allowing me to see this past year as a positive, meaningful time in my life.” _Eileen_

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_Aimée found strength._

“I had no idea how to get through my breast cancer journey. Unite for HER guided me through nutrition, it gave me tools to take care of myself, and connected me with other women who knew exactly what I was going through. When I attended my Wellness Day, I felt for the first time that people understood exactly what I needed to start healing. Through Unite for HER, I received acupuncture, massage, and Reiki. These treatments helped me to deal with the pain and connected my spirit to my new body. Along with the physical support, the Unite for HER website and social media is so important to me. The tips, advice, and nutrition continued to guide me even after I completed my Wellness Passport.

My needs have changed along my almost two-year journey, but Unite for HER has been there with me throughout. I am so grateful to Unite for HER for giving me the strength I needed!” _Aimée_
I attended a Unite for HER Wellness Day soon after my first chemo treatment, so I was about as terrified as I’ve ever been in my life. I won’t lie, the event was emotional. I felt strange and slightly out of place—at 31 years old, I think I was the youngest woman there. I didn’t want to be there because I didn’t want Stage 3c breast cancer, I wanted my old life back. I constantly looked to the past not to the future. I fell into a dark place, a deep depression and I struggled both physically and emotionally. UFH gave me access to therapy I needed to endure what I was experiencing. On my darkest days I managed to get myself to therapy because I knew it was the only thing that would help. Without it, I’m not sure I would have been able to get back to being Amy. I write this with tears in my eyes because my heart has been through so much that no one quite understands.

Unite for HER is an important resource that connects with women and delivers what they need. This organization helped me long after my Wellness Day. It was the mentality UFH promotes. A thought process that values and supports my individuality and emotional needs as a woman. Allowing our hurts to be just that....hurting, instead of sugar coating, minimizing, or invalidating our experiences. UFH spoke openly about the reality that this isn’t over when treatment is, and hearing that was so important. As a mental health clinician, I assure you, being able to give off this energy of support and love to a group of strangers, in such a genuine way, is no small feat, but actually quite miraculous. I thank you from the bottom of my heart” Amy

Mehraz found hope.

“When you go through treatment, you feel like you lost all control over your body. Unite for HER gives us hope in a way that we do have control over our health and cancer. Through Unite for HER, I was able to begin acupuncture right after my chemotherapy. Acupuncture helped me emotionally and gave me some of that control back. It also gave me the strength I needed to finish treatment. The work that Unite for HER does teaches us that not to let a diagnosis of cancer take over your life, and to be good to yourself. It makes us feel loved.” Mehraz

“Unite for HER has offered invaluable services to aid my patients’ recovery. I see women having fewer side-effects from chemotherapy after receiving acupuncture, improved energy and physical strength after yoga, and feel more confident in their ability to complete cancer therapies. The long-term benefits of Unite for HER’s program and education are also apparent years later when women are empowered to exercise, eat well, and change other life habits that lower cancer risk and improve their health.”

Dr. Linna Li, Main Line Health
Students in the Philadelphia region and beyond continued to bring their incredible spirit with pink games, pink days, and more! But make no mistake, this is not just another pink shirt! Through their fundraising efforts, our students delivered $129,000 to support local women in the community. In addition, our students also gave back eight grants totaling $13,750 to families in their school affected by breast cancer as a part of our Students Unite for HER Grant Program. Beyond the incredible fundraising, our student program gives us the opportunity to share our message about prevention with young people, and help them learn some simple ways to make healthy upgrades.

Because of you...

Our Unite for HER team can be found throughout the community all year round at speaking, outreach, and fundraising events. Through you, our message about the importance of healthy living practices comes to life, and because of you, women facing a difficult journey feel empowered, supported, and loved.
PINK INVITATIONAL ~ GYMNASTS UNITE

Our ninth annual Pink Invitational included over three 3,070 athletes and raised over $500,000! The new college meet brought in some incredible competitors, and we were thrilled to host Olympic Gold Medalist Laurie Hernandez as well! The 66 teams participating in our Above & Beyond Challenge raised an incredible $150,000.

“It was so uplifting to receive the Pink Unity Grant and the informative wellness literature. Having the help to continue a healthy lifestyle is just the start I needed to a happy recovery. Thank you again for the Pink Unity Grant and support of me and my daughter on this journey.”

Chrissy, Pink Invitational Parent and 2017 Grant Recipient
UNITE FOR HER 5K RUN AND 2K WALK

Our 5K in West Chester is our fastest growing event. This family-friendly walk/run in downtown West Chester drew 470 participants and raised over $75,000!

HARVEST CHEF AND WINE TASTING EVENT

The Phoenixville Foundry was filled with 500 guests and raised over $200,000 through a generous night of the region’s best fine wine and dining. The full evening ended with recognition of Unite for HER’s 2016-2017 award winners, ACURE Organics, Panera Bread, and Nina Minale, while our guests chose the chefs from Il Granaio as the event’s “Clean Plate Winner.”

BLOOM SPRING FASHION SHOW

Our annual spring fashion show showcases our beautiful women and their families as our models who walk the runway with pure joy in their heart. This afternoon at the Merion Golf Club is a celebration of our women and the strength of the Unite for HER community.

COMMUNITY OUTREACH

We educated over 15,000 people through 65 community engagements, including lunch and learn demonstrations, fundraisers, and presentations. Thanks to the overwhelming support of the Unite for HER community, Sue received the honor of being selected by readers as the 2016 Philadelphia Health Hero by Philadelphia Magazine and Independence Blue Cross.
$200,000 and up
ACURE Organics

$150,000 and up
The Roemer Foundation

$35,000 and up
G.E. Hillhouse Charitable Trust
Pennsylvania Convention Center Authority
Mancino Manufacturing
AJS Pancott Gymnastics

$20,000 and up
Gymnastics Express
Main Line Health System
Penn Medicine–Agrimons Cancer Center
Pink Spirit Store
Verizon
Arm’s Away Golf Outing – Jason & Sherri Eckhardt

$15,000 and up
Karín Risi & Sean McHale
Bayard Rustin High School
Sue & Chip Weldon

$10,000 and up
Abington Hospital–Jefferson Health
Aberdeen Asset Management Inc.
AJS Pancott Parent Association
Continental FC United
Crozzer-Keystone Health
Gymnastic Training Center of Simsbury
Jefferson Health
Montco Center for Athletic Inclusion
Peirce Middle School
Penn Medicine-Chester County
Philly Health Hero/IBX
Reconstructive Orthopaedic Associates II
Friends of Katie Seldack
Spirit United Soccer Club

$7,000 and up
Bishop Shanahan High School
Chester County Fund for Women & Girls
Robert Fried
Harold & Elaine Friedland Foundation
Hortsham Hatboro Mothers Day Walk
J.P. Bruemmer Charitable Trust
Northwest Designs Ink, Inc.
OCWEN Financial Corporation
Phoenixville Hospital
Friends of Julie Pietz
Stetson Middle School
The Wawa Foundation Inc.

$5,000 and up
Allius Gymnastic Academy
Avon Grove High School
Bay Aerials Gymnastics
Betty Clarke
Pfizer Foundation Volunteer Program
Denise Cohen
Coldwell Banker Preferred Exton—Appreciation Party
Conestoga High School
Andrea Cumens Gather & Give
Hillary DeLone & Jen McSherry–Gather & Give
Raymond and Anne Demmert
Einstein Health Care Network
Exelon Generation
Fern Hill Kids for a Cure
Garnet Valley High School
Good Shepherd Home
Caroline and Randy Green
Gymnastics Express Too
Hatboro Horsham High School
Laurie Hernandez
Colin Kelton
Linda Kozitzky
The Law Offices of Thomas Lynam LLC
Marshalltown Inn and Four Dogs Tavern
Nina Minea and Mesfin Tegenu
New England Gymnastics Express
Penn Fusion Soccer Club
Maureen and Jeff Shapiro
Southern Chester County Swim Club
Unionville High School

Vertex
West Chester University Football
West Chester University Gymnastics

$4,000 and up
Parker & Mary Carroll
Katie Cavuto
Robert & Carol Griesemer
Gymnastic Center of Hershey
John Hannifan
Ithaca College
Kidsport Gymnastics Academy
LV North America
Melissa Nassar & Sheila McGovern
Louis Nees
Sovana Bistro
Spring-Ford High School
Team Photo
The Classic Diner
Traynor

$3,000 and up
Gerry & Sandra Allen
James & Gillian Armstrong
Steven & Cindy Bohner
Boyd’s Department Store
Exelon Foundation Matching Gifts Program
Gym Dandys
Lancaster Farm Fresh Cooperative
Leaps-N-Bounders, LLC
Owen J. Roberts
Steve & Louise Pancott
Lauren Peterson’s Apex CrossFit Event
RedLine Embroidery
Scott Honda of West Chester
Silvia’s Gymnastics
Spring-Ford Athletic Booster Club
Tolstoy Olie Oube
University of Pittsburgh

$2,000 and up
422 Space Mall
A2 Gym & Cheer
Abe Achatkrad
Adelphi University
All Stars Gymnastics
Aman’s BYOB
Aria-Jefferson Health
Baia Restaurant
Jay & Susan Benner
Bonefish Grill – Edgmont
Brown Forman Corporation
John Butts & Michael Smith
Camp Woodward
Care Fund at USLI
Cartwheels & More
Casali di Bibbiano
Casper
Paliny Chanthavong
Citibank
Concha y Toro
Jason and Jodie Derwin
Downington Area School District
Michael & Hillary DeLone
Dave & Kim DiBaggio
Dutcher Crossing Winery
William & Ann Eckerd
Eclat Chocolate
Great Valley School District
Harvest Seasonal Grill & Wine Bar
Hatboro-Horsham School District
Heineken
Henderson High School
Hilton Garden Inn
Gary & Patty Holloway
Il Granolito/Antica
Iron Hill Brewery—Phoenixville
J. Gallagher Septic & Wastewater Control
JAG Booster Club
Julia Kennedy & Eugene Gordon
Limna Li
Manatawny Still Works
MC Janitorial Services, Inc.
Law Offices of McDowell & Assoc.
The MedLine Foundation
Robertta Meyer
Marwan & Catherine Nabulsi
Mionetto Prosecco Brut
Paoli Hospital Foundation
Anthony Paparazzo
Papa Smith’s Limoncello
Paramount
PECO Energy Company
Penns Woods Winery
Pepperoncini
PerformRx
Philadelphia Freedom Valley YMCA
Pink Warriors
Portabello’s of Kennett Square
Power & Grace Gymnastics & Dance
Prestige Gymnastics
Raymond Vineyards
Roots Cafe
Keith Rudoff
RX Advance
SpecialtyRx Consultants LLC
Strath Haven School District
Street Food Philadelphia
The Heart Food Truck
The Inn at Grace Winery
The Split Rail Tavern
Tish Boutique
Tredici
Tuttle Marketing
Victory Brewing Company
Villa Maria Academy
Veritable
Esther Wachs
Tanya Wagner
Wedgewood Swim Team
Wegmans Food Markets
The Winecraft Group
Weybrook Farm and Market

$1,000 and up
Ace Limousine
Vicki Aged
Allied Wire & Cable, Inc.
All Pro Gymnastics & Cheer
Aqua Charitable Trust
Stephanie Austin
Balance Hair Salon
John & Josh Barrickman
Greg Barton
Bensalem Township High School
Charles Boinske
Boscarelli Charitable Trust
Nick Burnet
Linda and Diego Calderin
Carroll Gymnastics
Susan Catherwood
Laura Chadwick
Chester Co. Community Foundation, Inc.
Cecile Colonna
College Knowledge 4 U
Core BTS Inc.
CVS Health Foundation
D’Ascenso’s Gelato, Inc.
Michael DeBelle
James & Linda DiGuiseppe
Downington East School District
EGCPA Team Lightning
John & Julie Elicker
Exelon Corporation
Forty 1 North
Girls Co-Op Gymnastics
Jennifer Glisk
Gold Star Gymnastics
GP Martini Roofing Company
Gymdancer
Gwynedd Mercy Academy
Gym Olympic Sports Academy
Michael J. Hazlip
Health Partners Foundation
Head Over Heels Gymnastics
Heraceous Precious Metals
Vivian Min Hwei Hsu
IMS Health
Inspire Energy Holdings
International Gymnastics Camp
Jazz 180
Julian Krinsky Camps and Programs
George & Barbara Karr
Keystone Family Health Plan
King Laird P.C.
KMC Gymnastics
$1,000 and up
Kramer Portraits Renaissance Portrait
Nannette Krapf
Courtney Kutcher’s Gather & Give
Evan & Victoria Lavino
Leslie Lavino
Lodge at Woodloch
Deborah Long
Andrea Loud
Michael Lucci
Kely Lyman
L V Force Gymnastics
The Master Baker Corp.
MC3, Inc.
The M & T Charitable Foundation
The Malvern School
Taryl McKee
Medical Acupuncture of Chester County
Margaret Stanley
Peggy Murray & Richard Mahon Wedding
Nastics, Inc.
Lynne Norris
Northeast Gymnastic Academy
North/South Golf Outing
Mr. Todds Gymnastics LLC
NYC Elite Gymnastics, Inc.
Orchard Park Gymnasts Booster Club
Origio Beverage
Patton Middle School
Peggy & Ellis Wachs Family Foundation
Phoenixville Foundry
Providence Montessori 5K
Raich Endre Malter & Co. LLP
Anthony Renzi
Michael Riley
Kristin Risi
Robert Half
Steven & Allyson Ross
Rubin Cohen Foundation, Ltd.—Judith Gerber
Saint Norberts
Lois Schwartz
Leerom Segal
SEI
Jen & Albert Simmons
Ski
Doug Smith—Verizon Volunteers Program
Springfield School District
Robert & Carol Sterling
The Stone Family
Strath Haven Womens Soccer Team
Style Me Beautiful
Lucy Swierczek
Julia Tcho & Matthew McGovern
Terrain Garden Cafe at Syers
TGRX Inc.
Sandra Thielz
Thrive Gym LLC
Timothy Off Heating & A/C
Tri for the Cure in Honor of Katie Sedlak
Upper Dublin Lutheran Church
Mary Valantine & Nicholas O’Neil
Tammy Vining
Walking the Girls Mothers Day Walk
Thomas Wall
Kristen M. Waterfield
Waterview Swim Club
Marjorie Wentz
Westtown School
Willistown Township Police Assn.
Xiu McGovern’s Gather & Give
Debra Yohman
$500 and up
Kristin Abrahams
American Gymnastics
Peter Andrews
APEX Gymnastics
Applecross Country Club
Robert & Jennifer Armstrong
Automated Financial Systems, Inc.
Baco Juice & Taco, LLC
Jeff Baldyga
Battavio Plumbing, Heating & Cooling
Baxter Family
Berlin Gymnastics Club
Kris Berryman
Bethany Evangelical Lutheran Church
William & Sharon Biermann
Bimbo Bakeries USA, Inc.
BMW of Devon
Brandywine Valley Heating & A/C
Brighton Retail
Bright Star Gymnastics Academy
Brinker Simpson & Company
Booster LLC
Boston University—For the Girls
Bryn Mawr Dermatology
Burzluff & Bean
Butler Hy-Flyers
Centre Elite Gymnastics Inc.
CG Boosters Club
Chamber of Commerce of Gr. West Chester
Christmar Family
Coasters Booster Club
Colorful Remedies LLC
Concord Elementary School
Concordville Nissan Subaru
Mr & Mrs. Martin Criscenzo
Betty Cummings
Nick DeRose
Doordesigns Gymnastics, Inc.
Mary Dominiecki
Mark Drane
Donald & Tanya Dyson
EDS
EGSPA/Excellence Gym
Energy Gymnastics Parents Group
Chris Erickson
Excel Gymnastics
Fairland Gymnastics
David & Catherine Fantini
Flips Gymnastics
Flip N Cheer Booster Club
Glenolden Exxon
Gold Star Gymnastics
Rosemarie Greco & Anne Morrissey
The Greens Woods Club
Alberto Guadagnini
Daniele Gureghian
Hangley Aronchick Segal Pudlin & Schiller
Harford Gymnastics
Gayle Harmer
Robert Harris
HealthPlex Sports Club
Heffernan & Partners
Heller Family Charitable Fund
High Performance Tennis Academy
Ryan Ilges
Immaculata University
Independence Advisors, LLC
Integrated Health Concepts, LLC
Theodore Jakubowski
Juice Squad LLC
Kristin Kane
Kelley Family
Mary Kelley
Richard & Gail Kelly
Kendrick Gymnastics
Kenneth & Katelyn Anastario
Kennett Square Massage
Keystone Foam Corporation
kg Miller & Co.
Michael & Lisa Kinane
Frank Kolimago
Dallas & Di Krapf
Krapf Management Company, Inc.
Christopher & Courtney Kutcher
Lakettes Gymnastics
Michelle Latrice
Stacey Lee
Rachael Loughlin
M & T Bank
Sharon Matas
Michelle Mayer
Mark McCullough Quality Painting
Sheila McGovern
Marian McWilliams
Alison Mento
Merion Golf Club
Paige Miller
Darrell & Carole Milton
Keith Morgan
Steven & Sarah Murray
Denise & Dave Myers
Newark Chrysler Jeep Dodge
Nittany Gymnastics Team, In.
Jean Noecker
Joy Nolan—Mix it Up Zumbathon
Suzanne Norris
Northern Elite
North Penn YMCA (Indian Valley)
Ocean State School of Gymnastics
Octorora High School
Off Limits Gymnastics
Mary Ann Olson
Oral & Maxillofacial Surgery Associates
Orange Theory Fitness
Oriental Nature Care
Otto’s Imported Cars LTD
Kristina Park
Kalpana Patankar, MD
Penn Tank Lines
Penn Wood High School
Phi Delta Chi Sorority
Philadelphia Freedom Valley YMCA
Phoenixville Federal Bank & Trust
Phoenixville Gymnastics Parents Assoc.
Barnettie Piedmont’s Gather & Give
James Pietz
Jeanine Plitnick
Power Beads by Jen
Radley Run Country Club Swim Team
Renaissance Gymnastics Academy
Alysha Robinson
Rosemary Romett
Roslyn Swim Team
St. Maximilian Kolbe School
Lauren Schwartz
Concetta Schultz
Debra Selig
Carol Shafman
Greg & Becky Shemanski
Bryan Speckhals
Spirit Gymnastics Team Parents Club
The Sporting Club Main Line
St. Francis Hospital
Star Bound Gymnastics Academy, Inc.
The Start Foundation
SUNY Oneonta
Tia Teder
Temple University Women’s Gymnastics
Kyle & Kristie Tere
The Carouge Family Foundation
The Goedeker Foundation
Thorndale Beverage
Transformative Therapy
Ultimate Gymnastics
Unionville Elementary School
United Gymnastics
Upenders, Inc.
Hans & Mary Van Den Berg
Wellspring Physician Acupuncture
Joseph Woods
Woodward Gymnastics PA
“The wellness program was one of the most positive experiences I have ever had. It filled my mind, body and soul with healing energy. The wellness passport introduced me to knowledgeable practitioners who are extremely kind and compassionate.” Debbie

Our annual report has gone green! To save on printing and postage costs and to be good stewards of our environment, this annual report will not be distributed in hardcopy except upon request.

For information about Unite for HER or to make a donation, please contact us:

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West Chester, PA 19380

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