Three little words...representing a large impact in our community.

So much love and purpose is represented in the three beautiful words above. And they have been the guiding compass for the staff and board of Unite for HER as we set our goals.

This past fiscal was a year of remarkable growth for Unite for HER. Thanks to the support of our community, we were “by the side” of 1,235 women affected by breast cancer, up 67% from the previous year. It is our mission at Unite for HER to pick up where medical treatments leave off, and to help women fighting this terrible disease find opportunities for greater control, comfort, hope, and healing. Each woman who comes to Unite for HER is surrounded by a compassionate community. From our humble beginnings in 2009 serving 24 women newly diagnosed women, it is you, our community, that has truly been our voice, sharing your talents, treasure and experience to move us forward.

With this energized community behind us, we made a commitment to be by the side of our women living with metastatic disease, renewing their passport of treatments and resources every six months. This new extension of our passport supports women who have ongoing treatments that can be relentless and depleting, both physically and emotionally.

With much needed programming, comes much needed staff. Last year we invested in building our Wellness Program staff, adding a full time Wellness Program Manager and Nutrition Manager. This allowed us to execute, fund and deliver 35 Wellness Days throughout the Philadelphian area, treating 1,235 women with our impactful programming.

Inside this report you will learn more about our life-changing Wellness Program and read the stories of some of the women we have impacted, like Krysten. Krysten was diagnosed while pregnant with her third child, and the headaches, nausea, and insomnia were especially difficult to manage while caring for a newborn. For Krysten, Unite for HER was a “source of strength and beacon of hope during the most difficult year of my life.” You’ll also hear from Beth, who was suffering greatly from the side-effects of treatment for metastatic disease and found acupuncture through Unite for HER. Beth describes acupuncture as providing the “turning point in my journey to wellness.” You will also learn about our ongoing support for those in recovery, through our Thrive! workshop, as well as our workshop for those living with metastatic disease, Exhale.

We in the Unite for HER community see our women and their loved ones transform. We empower them from a state of post-traumatic stress to a state of post-traumatic growth, giving them the tools to re-engage in their life and heal on an emotional and physical level.

Our staff and board at Unite for HER promise to continue the thoughtful stewardship of your donation as we head into another purpose-filled year of delivering programming that matters. Your trust and faith in our comprehensive programming has allowed us to deliver time and time again, breathing new life into the women we serve. Thank you for being ‘by our side’ so we can be ‘by HER side,’ impacting their lives one woman at a time.

Grateful,

Sue Weldon,  
Founder and President

Karin Risi,  
Board Chair
Wellness Day Program

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 35 Wellness Days serving 1,086 newly diagnosed women.

Unite for HER has continued to strengthen our commitment to those living with metastatic disease. We offer renewed Wellness Passports for those with metastatic disease every six months so they can continue to utilize complementary therapies. Sixty-four women received renewed Passports as a result of this commitment, and we expect that number to double in the coming year.

Thrive!

This year we hosted two Thrive! workshops for past Wellness Program participants and other breast cancer survivors. 87 women joined us for an afternoon of reconnection, renewal, and rejuvenation. Each workshop featured healthy living experiences including yoga, meditation, healthy beauty, and nutrition. Participants enjoyed the time together and the opportunity to continue learning and finding new ways to commit to healthy living practices.

Exhale

We also introduced Exhale, an afternoon of reflection and camaraderie for those living with Stage 4 or metastatic disease. Thirty-three women attended our inaugural event in the spring of 2018. “Thank you for a much needed and finely planned event for metastatic patients. I so appreciated being able to openly share fears, concerns, and emotions, and look forward to coming together again.” – Roberta
The Unite for HER Wellness Day and complementary therapies were an integral part of my healing process. I was diagnosed with Stage 3 breast cancer while pregnant with my third son, Dean. I underwent surgery and received chemotherapy while pregnant, then continued chemotherapy and received radiation after his birth. Unite for HER was there for me every step of the way. If I hadn’t attended the Wellness Day, I wouldn’t have considered acupuncture, which was very helpful during the chemotherapy I received postpartum. As you can imagine, chemo was very difficult to endure with a newborn. I struggled with headaches, nausea and insomnia, which the acupuncture helped to relieve. The Wellness Day also introduced me to the CSA organic vegetable shares and health and beauty products that are paraben, sulfate and petroleum free that actually work!

Unite for HER was a source of strength and beacon of hope for me during the most difficult year of my life. The services and support that I received through the Wellness Program were critical to my well-being and helped me get through treatment and towards recovery. **Krysten**

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I was diagnosed when I was 36 years old, raising two young children, just one and three years old. **My Wellness Day was the single most positive and inspiring step in my cancer treatment. It was a turning point for me that gave me hope and empowered me with tools to manage my healing.** Cancer patients are not provided with holistic healing of any kind. Your oncologist is focused on ridding your body cancer, your radiology oncologist is focused on killing cancer cells, and your surgeon is focused on removing disease. And it’s all being done TO YOU. No one addresses you as a human being in need of healing from physical and emotional trauma. **Unite for HER treated me as a whole person, and empowered me with the knowledge and tools I needed to be an active participant in my own care.** I’ll be forever grateful for the opportunity to attend the Wellness Day and for my massage therapist, Julie Ackerman, whom I’ve used my entire passport with. I feel like Julie is an important part of my medical team, just as much so as my doctors. Thank you to Unite for HER for helping me through the hardest thing I’ve ever had to go through. **Tabitha**
I was first diagnosed with breast cancer five years ago at age 37 in April of 2013. Unite for HER was there for me through my double mastectomy, breast reconstruction, and chemotherapy.

Fast forward to April of 2018, I was approaching my five-year cancer free milestone. Before I reached that anniversary, I learned that my breast cancer had returned. Still by my side, Unite for HER swarmed around me offering support no questions asked.

Four words summarize what Unite for HER has given me: Comfort, Control, Strength and Fuel. Comfort in knowing that I’m not alone and that there’s resources and support readily available. Control and flexibility to personalize therapies I feel I would benefit from the most.

Strength through private yoga sessions that helped rebuild muscle strength and regain range of motion after the mastectomy, and through acupuncture that helped me manage the side-effects of chemotherapy and radiation. Fuel through nutritional guidance and education about cancer-fighting foods that increased my energy.

Unite for HER has been by my side the past five years through every phase of my journey, recovery and beyond. And still by my side as I navigate through another journey providing nourishment mind, body and soul. Chanel

I am a mother of two daughters, three stepchildren and three grandchildren. When I was diagnosed with breast cancer I never would have imagined the challenge I was about to face. While I was undergoing treatment, I received a letter from my nurse navigator with an invitation to attend a Unite for HER Wellness Day. At first I dismissed it thinking that I didn’t need the support, but I was urged by my physical therapist to go. Her words, and I quote: “YOU HAVE TO GO! IT WILL CHANGE YOUR LIFE!” She was so right.

I admit, I was a bit nervous not knowing what to expect, but what I found was the most beautiful group of women, all of us in different stages of this disease, all together doing something powerful to positively move forward and give us a sense of optimism and an overall feeling of wellness! From that day forward, I felt ready to take on this fight. It was the turning point for me, the first time since my diagnosis that I actually felt like I was in control. I will never forget that day. Koren

“Unite for HER manages to accomplish what I have always dreamed of: to take away some of the fear and replace it with hope and a sense of well-being. It is wonderful to see breast cancer patients blossom with your care and support.” Dr. Jennifer Sabol, Breast Surgeon, Lankenau Medical Center
Unite for HER is an integral part of my journey to wellness following a diagnosis of Metastatic Breast Cancer.

When I attended a Wellness Day through Doylestown Hospital in January 2018, I was struggling with the emotional and physical consequences of my diagnosis. Between the lingering discomfort from surgery, the side effects of chemotherapy, and issues caused by a compromised liver, I was a mess. In my condition, the thought of sitting through presentations somewhere other than my couch was daunting! But, in hindsight, I don’t know where I’d be right now had I not garnered the strength to attend.

At the Wellness Day, I felt empowered being surrounded by so many women radiating positivity despite battling through their own challenges with breast cancer. I also learned invaluable information about how I might benefit from the variety of complementary wellness therapies that Unite for HER supports. However, my most important takeaway from the Wellness Day has been and continues to be that Unite for HER is there to meet me wherever I am in my journey.

In January, my greatest need was relief from the side effects of treatment. Acupuncture was completely new to me, but it was easy to try because of the access the UFH Passport provided. At varying times since, acupuncture has helped me with nausea, appetite, pain, neuropathy and seasonal allergies. I now recognize that being introduced to acupuncture was one of the turning points in my journey toward wellness.

I am in a much better place mentally and physically than I was last January, and I owe much of my healing to the support that Unite for HER provides me and my family. I am comforted knowing Unite for HER will remain by my side as I continue my journey living with Metastatic Breast Cancer. Beth

“As someone living with metastatic cancer, knowing that UFH will be by my side the entire journey is a game changer. The passport has given me the opportunity to benefit from two valuable healing modalities, Reiki and acupuncture, and improve my diet with farm fresh, organic, locally grown vegetables. Words are inadequate to express my gratitude for the unbelievable and amazing work, compassion, generosity, thoughtfulness, and vision of the women at UFH. My heart and eyes are full.” Eileen
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.

**Students Unite for HER**

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 $139,000 to support local women in the community. In addition, our students also gave back four grants 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.

**Partnering Schools**

- Abington High School
- Adelphia University
- Avon Grove
- Beaumont Elementary School
- Bishop Shanahan High School
- Coatesville
- Concord Elementary School
- Conestoga
- Conrad Weiser High School
- Continental FC United
- Downingtown West
- Downingtown East
- East Norriton Middle School
- East Side Little League
- Fern Hill Elementary School
- Garnet Valley
- Great Valley
- Gwynedd Mercy
- Henderson
- Immaculata
- Immaculate Heart of Mary
- Indian Valley Middle School
- Ithaca College
- Kennett High School
- Kennett Middle School
- Lower Moreland Township School
- Maple Newton High School
- Mater Dei Catholic School
- Mt Laurel Baseball
- Octorara High School
- Owen J Roberts High School
- Owen J Roberts Middle School
- Perice
- Penn Fusion
- Penn Wood High School
- Pocopson Elementary
- Providence Montessori 5K
- Rosemont College
- Rustin
- SCCL
- Shipley
- Spring-Ford High School
- Springfield
- Springfield Lake Middle School
- Souderton
- St. Max Kolbe
- St. Norberths
- St. Vincent
- Starkweather Elem School
- Stetson
- Strath-Haven
- Strathmore Volleyball
- SUNY Oneota
- Unionville
- Unionville Elementary School
- Upper Merion Sting Rays
- WC East
- WC United
- WCU
- Westtown
- White Hall High School

**Partnership Awards**

This year we were honored to recognize three partners who moved our mission forward, serving as ambassadors of Unite for HER within their communities, educating, and raising funds to support our women and programming.

- **2017 Corporate Partner Award Honoree** - The Pennsylvania Convention Center, an SMG-managed facility
- **2017 Community Partner Award Honoree** - Coldwell Banker Preferred, Exton Location
- **2017 Spirit of Service Award Honoree** - The Armstrong Family

Our community does an incredible job organizing their own crowdfunding, peer-to-peer fundraising, and third-party events to promote our mission and raise critical funds. Thank you to all those who organized, attended, and donated!
2017 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 940 participants and raised over $75,000!

2017 Harvest Chef and Wine Tasting Event
The Phoenixville Foundry was filled with 500 guests and raised over $225,000 through a generous night of the region’s best fine wine and dining.

2018 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. 340 guests joined us and together we raised $82,000.

2018 10th Annual Pink Invitational
Our 10th annual Pink Invitational included over 3,800 athletes and raised over $560,000! The new college meet brought in some incredible competitors, and we were thrilled to host Olympic Gold Medalist Laurie Hernandez and UCLA Division 1 Champion coach and breast cancer survivor, Valorie Kondos Field as well! The 94 teams participating in our Above & Beyond Challenge raised an incredible $159,720.
Increase the number of Wellness Day Program participants to 1,720
Provide ongoing support to our metastatic and Stage IV women, doubling the number of women served from 62 to 120
Pilot a program for ovarian cancer patients, sourcing new restricted funding
Pilot HER care box to deliver our mission to those beyond the scope of our current service area.
Grow fundraising events and grants by 20%
Grow Exhale and Thrive! programs by 15%

For complete information, visit uniteforher.org
$100,000 and up
ACURE Organics

$50,000-$100,000
Elite Sportswear
The Roemer Foundation

$35,000
Mancino Manufacturing

$25,000
Axe Wellness, LLC
PA Convention Center

$20,000-$25,000
AJS Pancott Gymnastics, Inc.
Arms Away / Jason & Sherrir Eckhardt
Fox Chase Cancer Center
Gymnastics Express Too
Jefferson University Hospitals Inc.
Otum Service - United Healthcare
Penn Medicine Valley Forge
Sean McHale & Karin Ris
Sovana Bistro - Nick and Linda Farrell
The Foundation for Delaware County Verzon

$15,000-$20,000
Bob Fried, MD
Panera Bread

$10,000-$15,000
Bryn Mawr Hospital
Crozer-Keystone Community
Doverestown Health Foundation
John & Julie Elcker
Harold & Elaine Friedland Foundation
Horshams Mother’s Day Walk
Independence Blue Cross
J.P. Bruenner Charitable Trust
Jefferson Abington Memorial Hospital
Jr Hospital
Paoli Hospital
Parker & Mary Carroll
Penn Medicine Chester County
Pfizer Inc.
Phoenixville Hospital Tower Health
Reconstructive Orthopaedic Associates II
Mesfin Tegenu & Nina Minale
The Wawa Foundation Inc.

$7,500-$10,000
Aberdeen Asset Management Inc.
Gymnastics Training Center of Simsbury
Northwest Designs Ink, Inc.
The Stein Realty Group LLC
Sugarbridge Kitchen & Bath Design, LLC
Upper Merion Dance & Gymnastics
VWR Charitable Foundation

$5,000-$7,500
Bay Aerials Gymnastics
Coldwell Banker Exton
East Norriton Township
Joe Fratinardo
Friends of Leslie Livio
Friends of Theresa Zollo
Raymond & Caroline Green
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The Law Offices of Thomas Lynam LLC
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Tuttle Marketing Services
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Vertex
Sue and Chip Weldon
Yoder and Armstrong

$2,500-$5,000
422 Space Mall
A2 Gym & Cheer
ACAC Fitness & Wellness Center
Ace Limousine
AFC Fitness
Altius Gymnastic Academy
Bath Saver, Inc.
Boyd’s Department Store
Linda and Diego Calderin
Katie Cavuto
Crown Trophy
Katelyn DeMello
Eclat Chocolate
Esther Wachs Book
Exleom
Friends of Donna Braulniger
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Scott Gottlieb
Gym Dandys
Gymnastic Center of Hershey
Harriet Wave
Homespire Windows LLC
J. Gallagher Septic & Wastewater Control
Jade Yoga
Collin Kelton
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L V Force Gymnastics
Lancaster Farm Fresh Cooperative
Leaps-N-Bounders, LLC
Legends Gymnastics
The M & T Charitable Foundation
The Malvern School of Glen Mills
Main Line Fertility Center
Marshallton Inn - Chef David Cox
Matthew Littman
Sheila McGovern and Melissa Nassar
Clyde & Taryl McKee
Ronald Meyer
Optimity Advisors
Pancott Gymnastics Boosters
Anthony & Krista Paparazzo
People’s United Bank
Philadelphia Freedom Valley YMCA
Power & Grace Gymnastics & Dance
PPC Lubricants, Inc.
Prestige Gymnastics
Keith Rudolf
RX Advance!
Scott Honda of West Chester
SpecialtyRx Consultants LLC
Swarowski
Team Photo
The Inn at Grace Winery
Albert & Jenn Simmons
The Sporting Club Main Line
Tolsdorf Oil Lube Express
Tuttle Marketing
Wegmans Food Markets
Win-Win
WSFS Bank

$1,000-$2,500
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Thomas Burgoon, MD
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Cumberland Gymnastics
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International Gymnastics Camp
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West Chester, PA 19380

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