

SIDE BY SIDE FOR 25

The Impact of Love, Friendship, Community and SUPPORT

October 6, 2019 will be a day to remember as Support Connection hosts its 25th Annual Support-A-Walk for Breast and Ovarian Cancer. I cordially welcome you to join me and participate in this milestone event!

Dreams are powerful. Turning a dream into reality involves purpose, passion and hard work. Support Connection is a labor of love that was built on a dream. **For 25 years, walking side by side, our supporters have shown how much they care and believe in our mission.** Because of them, Support Connection has helped thousands of women, their families and friends affected by breast or ovarian cancer.

Taking a look back, the dream took shape when **Nancy Heller** and **Rich Adamski** organized a Walk on October 1, 1995. They wanted to increase awareness about breast and ovarian cancer. Nancy, a breast cancer survivor, did not want any woman or her family to be alone while dealing with a cancer diagnosis. Rich did it for the love of his wife, **Myra**. The team **Friends of Myra** walked proudly in her loving memory. Generous supporters like **Dave Sacarny**, the **Taconic Road Runners**, **Don Bennett**, and many volunteers helped make the Walk a huge success.



Nancy and Rich knew more was needed. They wanted to create an organization where people dealing with breast or ovarian cancer could get support and guidance from survivors: people who had been there, who understood the many challenges that come with a cancer diagnosis. At that time, no such place existed in the area.

I was at the first Walk, in support of my friend Isabel. Being there encouraged me to get involved. Along with about 20 other people, we met, brainstormed, and the organization took shape. After months of hard work, Support Connection opened its doors in Yorktown Heights in 1996. I became the Executive Director and continue to be passionate about our mission.

Attendance at the Walk continues to grow, but the warmth and caring remains the same year after year. Thousands of people come, many to show appreciation for the support they or family members received from Support Connection. Walkers celebrate and pay tribute to loved ones. Others come to show belief in our mission and to increase awareness that support is available. To experience the impact of the Support-A-Walk, please view our walk video: supportconnection.org/side-by-side-for-25.



The Walk is where it all began, and it continues to be the driving force behind Support Connection. The money raised helps fund our FREE, year-round breast and ovarian cancer support services, such as the one-on-one peer counseling program that **Maria Jennings**, our first Peer Counselor, helped build. We now have three professional Peer Counselors on our staff, all cancer survivors themselves, who offer empathetic support and guidance to people nationwide. Because of Support Connection, no woman or her family needs to be alone with breast or ovarian cancer.

Through the people we help, we pay tribute to Nancy and to the loving memories of Rich and Maria. My dear friend Isabel will always be in my heart and my inspiration.

Standing Side by Side, together with you, we are able to make a difference in many lives! Your support is a gift that keeps on giving.

With warm regards and much gratitude,



Katherine Quinn, Support Connection Executive Director



The Support-A-Walk: You Can Help No Matter Where You Are!

The Walk is NOT just a day in October. It's our most important annual fundraiser, which helps sustain our free programs *all year long*. Remember: We do NOT receive funds from Relay for Life, Making Strides, Susan G. Komen, or any other national cancer organizations.

Even if you can't join us on October 6th whether you live near or far.... you can make a difference! Here are some ideas:

- ♥ **Start an online fundraising page:** It's an easy way to ask others to donate. To get started, visit www.firstgiving.com/supportconnection/walk2019.
- ♥ **Collect cash or check donations from others:** You don't have to be online to fundraise!
- ♥ **Form a team:** Family and friends can join your team even if they can't be at the Walk. They can seek donations and spread the word.
- ♥ **Hold a fun event:** Tag sales, lemonade stands, car washes, parties... there are so many ways to raise money for the Walk.
- ♥ **Make a donation:** Donate online, or call us to donate by phone. We also welcome checks and cash.

Need help or have questions? Visit supportconnection.org or contact us: 914-962-6402 • walk@supportconnection.org.



It Takes A Village. And You Are Our Village!

We all know the saying "It takes a village to raise a child." But it also takes a village to raise the funds we need to sustain our **free** programs and services for people coping with breast and ovarian cancer. We can't do it alone. Fortunately we're blessed with a wonderful, generous, creative group of "villagers" who find fun & unique ways to support us! **Why not be part of our village this year?** Remember: no one has to do it alone. When many different people decide to do one thing, big or small, it adds up to a lot!

Need ideas? Here are a few examples of some easy ways people raised funds for us last year. Added together, these simple projects raised a total of more than \$21,000!

Involve Your Sports Team or Club: School teams and clubs are all about teamwork and camaraderie, so working together to support a cause is a natural fit. Three different high schools (*Yorktown HS Football, Walter Panas HS Girls Soccer, and several teams at Hen Hud HS*) dedicated games to Support Connection, raising funds through t-shirt sales, donations, raffles & other fun activities. *Lakeland HS's FBLA club* held a bake sale the day of the Walk.



Team Up with Co-Workers: Whether you work someplace big or small, involving your co-workers in fundraising is simple. Last year, staff at 30 *Wells Fargo Bank* branches had "Dress Down Days" every Friday for 2 months, collecting \$5 from each person who chose to dress down. Staff at *Blue Mountain School* also held Dress Down Days. At *Schott North America Inc.*, employees collected donations throughout October for breast cancer awareness month.

Do What You Love: Do you have a special interest or hobby? Let that inspire your fundraising! Car enthusiasts of the *Hudson Valley Oldsmobile Club* held a car show. They raised funds via registration fees and a 50/50 raffle. Disc Golf lovers participated in a *Throw Pink* event. They had fun with a sport they enjoy while raising funds. *Paddle for A Cure* was an event sponsored by the Hudson River Watertrail Association. Kayakers, paddle boarders, and canoers competed in a 6-mile Poker Paddle Fundraiser on the Hudson, with proceeds benefitting Support Connection.

Have a Party: An easy and fun way to raise funds is to throw a party. *Fresh Organic Salon* held a "Pink Soiree" where they had wine, cheese and raffles. They also collected donations. *Professional Women of Putnam* held a "Pretty in Pink" party. Group members donated raffle prizes which helped raise funds. You can also have a party at home! Invite friends, family, neighbors - it's a simple way to seek donations while spending time with the people you love.



Involve your Business: Do you own a business? There are many ways you can promote it while also raising funds. *Matero's Jewelry* held a special promotional event and donated a percentage of their sales. Throughout October, staff at *Glaser Orthodontics* staff wore pink, sold pink rubber bands and had a wall of ribbons where patients could display their name when they donated.

These are just a few examples. We welcome you to come up with your own ideas too!
Need help or suggestions? Contact us: 914-962-6402 or info@supportconnection.org.



Fantastic Finds Is A Support Connection Treasure

This past March marked the two-year anniversary of the opening of **Fantastic Finds**, our upscale resale shop at 400 King Street, Chappaqua, NY. We will always be grateful to Jennie Menton and Marilyn Ashikari who presented this opportunity to us. All proceeds from sales at Fantastic Finds benefit Support Connection’s free breast and ovarian cancer support services.

Fantastic Finds is staffed by dedicated volunteers (seen in photo to the left) and boasts a wide inventory of new and gently used items in pristine condition. All items sold at the store have been donated. Shoppers will find great prices for high-quality merchandise such as: *Men’s & women’s clothing • Jewelry and accessories such as scarves, shoes & handbags • Dishes, glassware, household items, accent furniture, artwork & home décor • Unique gifts & vintage items.*

We hope you’ll visit Fantastic Finds, and tell your friends too - it’s a great place to shop! We also invite you to join us for our “Fall Fling” on Saturday, September 14 where there’ll be giveaways, free refreshments, pop-up sales and more.

Store Hours: Monday - Saturday, 10 am – 4:30 pm.

Location: 400 King Street, Chappaqua, NY, 10514 (in the Talbot’s shopping center)

Phone: 914-238-9200 • **Email:** fantastic.finds@supportconnection.org

Online: www.supportconnection.org/fantastic-finds • **Facebook:** FantasticFindsSC • **Instagram:** @FantasticFindsSC

Meet Our Walk Ambassadors!

Our Support-A-Walk Ambassadors are people who share their stories to illustrate the spirit and purpose of the Walk. In honor of the Walk’s 25th anniversary, this year’s Ambassadors are both longtime Walk participants.



Paula Natale: Paula recently celebrated her 20-year anniversary as a breast cancer survivor. After being diagnosed, she heard about Support Connection and reached out for help. She was surprised but comforted to hear the voice of a longtime friend: our Executive Director Katherine Quinn. From that day forward Paula knew Support Connection was there for her. She attended support groups and met other survivors. Ever since, Paula has been one of our most enthusiastic cheerleaders. When she meets someone dealing with breast or ovarian cancer, she offers hope by sharing her story, and encourages them to contact us: *“I tell women Support Connection will help them get through cancer, from start to finish. Everyone is so warm and caring. They helped me get through all these years.”*

Paula and her family never miss the Support-A-Walk. They raise funds and walk together, along with Paula’s friends and her co-workers at NY-Presbyterian Hudson Valley Hospital. **Paula is honored to be a Walk Ambassador:** *“I want to give back, to help other people the way Support Connection helped me. What strikes me the most about the Walk is the thousands of people who show up every year. It shows love, courage, and hope in all of these people’s faces.”*



Melissa Frederick: Melissa’s involvement with the Walk began in 2007. Her mom, Maria DeMichele, had been diagnosed with advanced ovarian cancer 3 years earlier. When they heard about the Walk they gathered family and friends to walk as “Maria’s Marauders.” The Walk also introduced Maria to Support Connection. She was grateful to find free counseling and other support services to help her cope with her cancer. Melissa says: *“Support Connection gave my mom a feeling of empowerment and control over a situation where she had none. They were so knowledgeable and helpful; they were like a second family.”* Melissa lost her mom in 2011 but Support Connection is still important to her: *“It’s an incredible organization. Everyone there has played a major role in support not only for my mom, but also for me and the rest of our family. Knowing there’s someone to go to is so valuable.”*

The team “Maria’s Marauders” still walks every year in Maria’s memory. Melissa says: *“We all feel like Mom is walking with us. I think of her all the time, we all do, but at the Walk we’re all thinking of her at the same time. It’s a feeling you don’t get anyplace else.”* **As a Walk Ambassador, Melissa encourages others to participate and raise funds:** *“It’s extraordinary to be part of something where everyone really understands what you’re going through or have been through. You’re surrounded by signs and shirts, with pictures and team names, honoring so many people. It’s so empowering to know you never stand alone, you walk together.”* She adds: *“Support Connection helped my mom and our family tremendously. But it’s also very rewarding to raise funds for an organization that supports our entire community – maybe your neighbor, or co-worker, or family member. It’s pretty special.”*



SUPPORT GROUPS

All services are ***FREE AND CONFIDENTIAL***.

For a complete month-by-month calendar visit www.supportconnection.org.

Registration is required for all groups and programs: 914-962-6402 or 800-532-4290

Support Groups are held once a month.

Groups are offered in Westchester, Putnam & Dutchess Counties, and by national toll-free teleconference.

All support groups are led by trained facilitators who are cancer survivors.

NOTE: At times, dates may differ due to holidays or other scheduling issues. Please call us with any questions.

<p>Breast and Ovarian Cancer Support Groups Open to women with breast, ovarian or gynecological cancer. We all know there are many common factors to any cancer diagnosis. Join other women who have also been diagnosed as we discuss all stages of diagnosis, treatment and post-treatment.</p>	<p>No. West. Hospital @ Chappaqua Crossing, Chappaqua, NY 1st Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY 1st Thursday of each month - 10 am East Fishkill Community Library, Hopewell Junction, NY 2nd Tuesday of each month - 10:15 am Putnam Hospital, Carmel, NY 3rd Wednesday of each month - 7 pm Support Connection office, Yorktown Heights, NY 4th Tuesday of each month - 7 pm <i>New group! SOUL RYEDERS office, Rye, NY</i> <i>4th Wednesday of each month - 7 pm</i> Vassar Brothers Medical Center, Poughkeepsie, NY 4th Thursday of each month - 7 pm</p>
<p>Young Women’s Breast and Ovarian Cancer Support Group Open to women who have been diagnosed with breast, ovarian or gynecological cancer at a young age. Join other women who were also diagnosed at a young age as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>Support Connection office, Yorktown Heights, NY 2nd Wednesday of each month - 7 pm</p>
<p>Breast Cancer Support Groups Open to women with breast cancer. Join other women who have also heard the words “you have breast cancer” as we discuss issues pertaining to all stages of diagnosis, treatment and post-treatment.</p>	<p>NewYork-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY 3rd Monday of each month - 7 pm</p>
<p>Advanced Stage or Metastatic Cancer Support Group Open to women with breast, ovarian or gynecological cancer. Join other women who are also living with a recurrent, advanced stage or metastatic cancer. Share information, resources and support.</p>	<p>Support Connection office, Yorktown Heights, NY 3rd Friday of each month - 12:30 pm</p>
<p>National Toll-Free Telephone Group: Ovarian Cancer Open to women with ovarian or gynecological cancer. Speak with other women nationwide from the comfort of your home. Discuss issues pertaining to all stages of diagnosis, treatment, and post-treatment.</p>	<p>Toll-Free Telephone 2nd Wednesday of each month, 8 pm (EST) <i>For instructions to register for this national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>
<p>National Toll-Free Telephone Group: Advanced Stage or Metastatic Breast Cancer Open to women who are living with recurrent, advanced stage or metastatic breast cancer. Speak with other women nationwide from the comfort of your home. Share information, resources and support.</p>	<p>Toll-Free Telephone 1st Monday of each month, 8 pm (EST) <i>For instructions to register for this national toll-free teleconference, please call Support Connection IN ADVANCE at 914-962-6402 or 800-532-4290.</i></p>

Pre-registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

YOGA: A PATH TOWARD WELLNESS

Open to women with breast, ovarian or gynecological cancer.

Date: Every Saturday (*check our calendar for exceptions)

Time: 12 noon - 1:30 pm

Location: Club Fit, Jefferson Valley, NY

Experience the benefits of yoga: a stronger, healthier body and a calmer, more focused mind. The emphasis is on movement & breath awareness to achieve a tranquil feeling. Appropriate for beginners or advanced students. Come weekly or as often as you'd like. Please obtain your doctor's approval before participating in any wellness program.

INSTRUCTOR: Mia Azcue, CYT, E-RYT 500, RPT, a student and teacher of yoga for 20 years. From Doris, a regular participant: *"Mia's knowledgeable, gentle approach brings a sense of peace & awareness that stays with me long after class is over."*

MAHJONG, COFFEE AND CAMARADERIE

Open to people living with breast, ovarian and gynecological cancers.

Dates: Thursdays, Sept. 19, Oct. 17, Nov. 21, Dec. 19

Time: 10 - 11:30 am

Location: Support Connection office, Yorktown Heights, NY

All are welcome! Those who'd like to learn mahjong, as well as experienced players.

Mahjong is an ancient game enjoyed by many fans over many centuries. *Camaraderie* is a mutual trust and friendship among people who spend time together. Combined, they make a perfect match! Join us for a morning of mahjong, companionship and coffee. Enjoy time spent with others who are also living with cancer. Light refreshments provided.

Is A Support Group For Me?

A support group is the perfect place to connect with others who understand what you're going through. Share information, experiences, and support in a warm, welcoming environment.

Our groups meet monthly and are led by trained facilitators who are also cancer survivors. They take place at locations in Westchester, Putnam, or Dutchess. We also have two telephone support groups that meet via toll-free teleconference.

Call to learn more. One of our Peer Counselors can help you find a group that's right for you! Call 800-532-4290. Visit www.supportconnection.org for info on all of our services.

NATIONAL EDUCATIONAL WEBINAR FOR WOMEN WITH OVARIAN CANCER

Open to women nationwide who are living with ovarian cancer.

Date: Tuesday, September 24

Time: 8 - 9 pm (EST)

Location: Webinar or Toll-Free Teleconference

In recognition of National Ovarian Cancer Awareness Month, this program is presented as part of our campaign "Tune In and Take Charge: Don't Face It Alone."

Join us for this informative program about the latest in ovarian cancer treatment. **Topics will include:**

- The newest info on the development of drugs for advanced ovarian cancer
- The role of personalized medicine
- Targeted therapies
- PARP Inhibitors
- Quality of life issues
- Sexuality and menopause
- A question & answer period

SPEAKER: Elena Ratner, M.D.: Dr. Ratner is a Board Certified Gynecologic oncologist with special interests in chemotherapy targeted drug development, patient quality of life programs and early cancer detection. Her credentials include: Associate Professor of Obstetrics, Gynecology and Reproductive Sciences at Yale New Haven School of Medicine; Co-Chief, Section of Gynecologic Oncology, Director and Founder of Sexuality & Intimacy in Menopause Program, and Director of Discovery To Cure, at Yale New Haven Health Cancer Center, Smilow Cancer Hospital; Director of Early Ovarian Cancer Detection Program, Director of Gynecologic Oncology, at Stamford Health.



As a gynecologic oncologist, Dr. Elena Ratner partners with women throughout their cancer journey, delivering comprehensive, personalized care. Dr. Ratner helps her patients experience a high quality of life throughout treatment and into survivorship by fitting treatment around their lives and providing targeted therapies with as few side effects as possible. As a result of her commitment to gynecologic cancer care, Dr. Ratner has received many awards for her teaching, research and patient care. Most recently, she was given the Yale University Smilow Cancer Center Award for Clinical Excellence.

Pre-registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

TAI CHI

Open to people living with breast, ovarian and gynecological cancers.

Dates: The following Wednesdays:

Sept. 18; Oct. 2, 9, 16, 23, 30; Nov. 6, 13, 20;

Dec. 4, 11, 18

Time: 10:30 - 11:30 am

Location: Albert A. Cappelini Community & Cultural Center, Yorktown Heights, NY

The basic principle of Tai Chi (TIE-chee) is to cultivate what the Chinese allude to as the 3 treasures: mind, body, spirit. The practice includes a series of exercises called Silk Reeling (slow, repetitive, meditative movements) followed by form practice. Benefits include improved balance, strength and flexibility and a sense of well-being.



In this class, a basic beginners form will be taught. Learn to focus the mind while working on the principles of posture and motion. The goal is to help each student understand the mind-body relationship so they can continue to grow with the forms they have learned long after class ends.

INSTRUCTOR: Alan Bandes has been practicing Tai Chi for over 40 years and has taught for 8 years. His teaching approach is to work with each student to achieve success within their unique capabilities.

MEN'S NIGHT OUT: FOR MEN LIVING WITH LOSS

Open to men who have lost a spouse or partner to breast, ovarian or gynecological cancer.

Date: Wednesdays, Sept. 18 & Dec. 11

Time: 7 - 9 pm

Location: Traveler's Rest

This is an invitation from Support Connection to meet and connect with other men who have lost a spouse or partner to breast, ovarian or gynecological cancer.

Spend a casual night out with good company and good food at a local restaurant. All you need to do is call us to let us know you're coming.

MARGE'S KNITTING CIRCLE

Open to people living with breast, ovarian and gynecological cancers.

Dates: Thursdays: Sept. 26, Oct. 24, Nov. 21, Dec. 19

Time: 2 - 3:30 pm

Location: Support Connection office, Yorktown Heights, NY

All are welcome at our circle: Experienced crafters as well as those who'd like to learn the basics of knitting or crocheting. Our moderator Celeste will be happy to help you learn or to complete a forgotten project. Enjoy the beauty of new stitches, the textures and colors of yarn, and the camaraderie of a shared interest while spending time with other women who've also heard the words "you have cancer."



BOOK CLUB

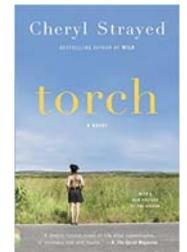
Open to people living with breast, ovarian and gynecological cancers.

Date: Thursday, October 17

Time: 7 - 9 pm

Location: NY-Presbyterian Hudson Valley Hospital, Cortlandt Manor, NY

Book selection: Torch, by Cheryl Strayed. In 2014 we began this book club with Wild, Cheryl Strayed's memoir of her hike across the Pacific Crest Trail. Five years later we'll discuss her novel where she shares a fictionalized account of what led her to this journey.



Jane Tompkins of the Andes Gazette says the book is "*....a narrative drenched in grief and powered by love..... And once you read Torch, you'll understand why Strayed needed to write both novel and memoir. Her mother is unforgettable.*"

Discussion leader: Amy Curran Baker, author of Now What? A Guide to Recovery After Mastectomy. We are always looking for good book suggestions. Please send suggested titles to andrea.karl@supportconnection.org.



Pre-registration is required for all programs. Call us: 914-962-6402 or 800-532-4290

WING NITE - FOR MEN ONLY

Open to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer.

RSVP required. Call Support Connection, 914-962-6402 or 800-532-4290.

Date: Wednesday, October 23

Time: 7 - 9 pm

Location: Traveler's Rest

This is an invitation to men whose lives have been affected by a spouse or partner going through breast, ovarian or gynecological cancer. Come and relax for the evening. Enjoy a night out with the guys. You'll find good company and good food. All free of charge! All you need to do is call us to let us know you're coming.



LADIES NIGHT OUT: MOSAIC MASTERPIECES

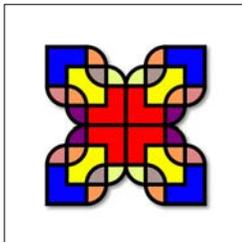
Open to people living with breast, ovarian and gynecological cancers.

Dates: Wednesday, November 13

Time: 6:30 - 8:30 pm

**Location: Albert A. Cappellini Community & Cultural Center,
Yorktown Heights, NY**

Join us for the next offering in our crafting series. Relax and have fun while enjoying light refreshments and good company. Create your own design or use a template to create a beautiful mosaic. Choose from a myriad of pieces (tiles of all colors, stained glass, polished stones, etc.) to glue to a wooden plaque with a mirror, or a plaque to hang on your wall or use as a pretty hotplate. No artistic skill needed. Materials provided.



INSTRUCTOR: Susan Spillo, art therapist and owner of Create with Susan LLC, a community-based social, fun and therapeutic art workshop.

NATIONAL EDUCATIONAL WEBINAR: HORMONAL THERAPIES FOR BREAST CANCER

Open to people nationwide who are living with breast cancer.

Date: Monday, December 9

Time: 8-9 pm (EST)

Location: Webinar or Toll-Free Teleconference

***This program is being presented in partnership with Northern Westchester Hospital, Northwell Health.**

Hormonal therapies are commonly used to treat breast cancer that is estrogen-receptor positive. Examples: *Tamoxifen (Nolvadex)*, *Arimidex (Anastrozole)*, *Aromasin (Exemestane)*, *Femara (Letrozole)*, etc. Hormonal therapy may be used at different points in a treatment plan and to treat various stages of breast cancer.

This webinar will address the following topics:

- What are the different hormonal therapy options?
- What are some of the side effects and how can I best manage them?
- What is the latest research?
- How have recommendations changed?
- Should I continue treatment for 5 years? 10 years? forever?
- A question and answer period.

SPEAKER: Dr. Lev Davidson, Medical Director of the Cancer Treatment and Wellness Center at Northern Westchester Hospital.

Dr. Davidson is Board Certified in Internal Medicine, Hematology and Medical Oncology and actively participates in ongoing research in this field. Dr. Davidson graduated from Ross University School of Medicine, Portsmouth, Dominica. He completed his residency at Westchester Medical Center, NY Medical College in Valhalla, and completed his subspecialty fellowship training in Hematology and Medical Oncology at Georgetown University Hospital, Washington, D.C. Dr. Davidson joined the staff of Northern Westchester Hospital in 2016 where he leads an excellent team of oncology physicians and staff.



"Courage doesn't always roar. Sometimes courage is the little voice at the end of the day that says, 'I'll try again tomorrow.'" – Mary Anne Radmacher.

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SUPPORT-A-WALK

SUNDAY, OCT. 6, 2019

Side by Side for 25!

SAVE THE DATE

TO DONATE OR
TO LEARN MORE ABOUT THE WALK:
www.supportconnection.org/support-a-walk

914-962-6402 • walk@supportconnection.org

MAKE A DIFFERENCE

Join your community in raising funds for Support Connection's
free breast and ovarian cancer support services.

Help insure that no one has to face
breast or ovarian cancer alone.

Support or pay tribute to loved ones.

CAN'T COME TO THE WALK? YOU CAN STILL PARTICIPATE!

Make a donation (online, cash or check) • Create an online fundraising page
Collect donations from others • Plan a fundraising event