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**FOR IMMEDIATE RELEASE**

## **Sid Jacobson JCC hosts successful Stronger Than Cancer 5K**

*100% proceeds raised benefit Nancy Marx Cancer Wellness Center*

**EAST HILLS, NY, October 15, 2018** – Sid Jacobson JCC recently hosted its annual “Stronger Than Cancer 5K” on Sunday, October 7. The annual event had a turnout of over 600 participants including runners, walkers, volunteers and vendors. All funds raised will directly benefit the JCC’s Nancy Marx Cancer Wellness Center (NMCWC) and its programs.

NMCWC supports much-needed programming, most of which are free to the community; including exercise classes, discussion groups, counseling services, an after-school program for children whose parent or sibling has been diagnosed, and more. Programs are open to those living with cancer throughout all stages of treatment and survivorship while helping participants feel active, resilient and empowered in body, mind and spirit.

Hal Fuchs, a member of the “Stronger Than Cancer 5K” committee, like many, has been personally touched by cancer. His wife is a cancer survivor who attended Sunday’s race, along with many of Fuchs’ family and friends. “It makes me proud to be part of such an impactful organization that provides free services and programs to the community, and doesn’t ask for anything in return,” says Fuchs. “It’s a great feeling to know that Sid Jacobson JCC members’ annual dues go towards programs like this that are positively impacting the lives of so many.”

Randy Hight, director, NMCWC, has seen the “Stronger Than Cancer 5K” grow over the years and is pleased that it has become a community event that highlights the importance of compassionate and holistic services for all cancer survivors. “We are grateful for the funds raised that benefit the Nancy Marx Cancer Wellness Center,” notes Hight. “They enable us to continue to provide cutting edge and comprehensive programming for cancer survivors and their families in the community.”

Upcoming NMCWC programs for cancer survivors include “Exercise for Cancer Survivors in Their 20s, 30s & 40s” beginning Tuesday, October 30, “Breast Cancer Gentle Yoga” beginning Sunday, October 28, and more. Ongoing support programs, like the “Male Cancer Survivors’ Discussion

Group," "We've Got Your Back – Family Cancer Support," and more, are offered on a monthly basis.

To enroll yourself or a loved one in a program offered at the Nancy Marx Cancer Wellness Center, please contact Randy Hight, 516.484.1545 ext. 213, [rhight@sjcc.org](mailto:rhight@sjcc.org). To make a donation to the Nancy Marx Cancer Wellness Center, please visit [www.sjcc.org/5K](http://www.sjcc.org/5K).

### **About Sid Jacobson JCC**

[Sid Jacobson Jewish Community Center](#), in East Hills, and its surrounding campus, the [Bernice Jacobson Day School and Camp](#), in Old Westbury, provide a full range of cutting-edge recreational, health, fitness, educational, cultural arts and social services programs. Sid Jacobson JCC promotes Jewish identity and provides a comprehensive program based on Jewish values, traditions, heritage and culture and is committed to enriching the lives of all individuals and families in its community. For more information, contact the JCC at 300 Forest Drive, East Hills, NY, (516) 484-1545 or visit [www.sjcc.org](http://www.sjcc.org).

**Sid Jacobson JCC is a beneficiary agency of the UJA Federation of New York.**

### **For more information, contact:**

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