



For Immediate Release

Sid Jacobson JCC's Stronger Than Cancer 5K Surpasses Goal of \$125,000 for the Nancy Marx Cancer Wellness Center

East Hills, NY, October 17, 2019 – This past Sunday, October 13, a perfectly sunny and crisp fall day set the scene for [Sid Jacobson JCC's](#) Stronger Than Cancer 5K. The highly successful event raised more than \$125,000 and had a turnout of more than 400 runners and walkers, along with hundreds of volunteers and sponsors. All proceeds will directly benefit the JCC's [Nancy Marx Cancer Wellness Center](#) (NMCWC) and its programs.

"For those who attended Sunday's Stronger Than Cancer 5K, you saw the coming together of a community to show their continued support of the Nancy Marx Cancer Wellness Center and its vital programming," recounts David Black, Executive Director, Sid Jacobson JCC. "There was a vibe that was one of the best I have ever seen here at the JCC."

The NMCWC provides much-needed programming, including exercise classes, discussion groups, counseling services, 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. Thanks to funding from the Stronger Than Cancer 5K and other events such as the JCC's annual New Leadership Spin Event, most of these vital programs are free to participants.

Upcoming programs offered by NMCWC include 4 Your Health, a four-session discussion series featuring dietitians from The Cancer Institute at St. Francis Hospital, where cancer survivors will gain a better understanding of nutrition and healthy eating, beginning Friday, October 25. Full body exercise classes, Yoga & Meditation, Water Workout, and the new Walking Group are also open for registration. Ongoing support programs, such as the Power of Words writing group, the Male Cancer Discussion Group, Breast Cancer Discussion, and more, are offered on an ongoing basis.

To enroll yourself or a loved one in a NMCWC program, visit sjcc.org/cancerwellness or contact Reisa Brafman, Program Coordinator, at 516.484.1545 ext. 228 or rbrafman@sjcc.org. To make a donation to the Nancy Marx Cancer Wellness Center, please visit www.sjcc.org/5K.

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About Sid Jacobson JCC

Sid Jacobson JCC (sjcc.org), in East Hills, and its surrounding campus, the Bernice Jacobson Day School and Camp (bjdsc.org), in Old Westbury, provide a full range of cutting-edge recreational, health, fitness, educational, cultural arts and social service programs. SJJCC 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. SJJCC embraces all individuals and families, and values diversity. See community differently, "Like" the JCC on Facebook (facebook.com/sidjacobsonjcc).

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

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