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Stronger Than Cancer 5K Raises Critical Funds for Free Cancer Support Across Long Island

New Family Block Party Extends Impact Beyond the Finish Line

East Hills, N.Y. (Oct. 16, 2025) - Sid Jacobson JCC will host its **Stronger Than Cancer 5K Run, Walk, and Family Block Party** this Sunday, October 19, 9:30am, rallying participants to raise essential funds for its Nancy Marx Cancer Wellness Center (NMCWC), which offers free life-changing programs for individuals affected by cancer and their loved ones.

This year's honoree, **Julie Assael, LMSW**, found that support at NMCWC during her own battle with cancer. First diagnosed in 2019, she turned her recovery into a personal mission to help others heal. Now, a dedicated social worker at SJJCC and cancer-free, Assael remains deeply grateful for the guidance that helped her reclaim her health and hope.

"As a cancer survivor, I carry such deep gratitude for the gift of health and for the unwavering support I received throughout my journey, especially from the incredible team at NMCWC," Assael reflected. "Their encouragement, care, and strength made all the difference."

Sid Jacobson JCC's Nancy Marx Cancer Wellness Center delivers free, personalized services that address emotional, physical, and social challenges. Through counseling, support groups, exercise classes, and more, the Center provides comprehensive care for individuals newly diagnosed, in treatment, or navigating survivorship.

Recognizing the growing number of young adults confronting cancer, NMCWC launched the **Younger Adult Cancer Connection**, a new initiative for those ages 18-49 years to connect with

peers, share experiences, and access resources and specialized programs designed to meet their evolving needs.

Randy Hight, LCSW, Director of Nancy Marx Cancer Wellness Center, emphasized the event's impact in sustaining the Center's mission:

"Every dollar raised at the 5K directly funds our programs and allows us to keep every service we provide completely free," Hight explained. "It's what ensures that no one facing cancer in our community ever has to do it alone."

Following the race, a highly anticipated **Family Block Party** will transform the JCC's parking lot into a lively celebration for all ages. Guests can enjoy food from local vendors, games, live DJ entertainment, a bounce house, and more.

For more information or to register, please visit [SJJCC.org/5K](https://sjjcc.org/5K).

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About Sid Jacobson JCC

Sid Jacobson JCC (sijcc.org) in East Hills provides 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. Where life flourishes.

"Like" the JCC on Facebook (facebook.com/sidjacobsonjcc) and "Follow Us" on Instagram (instagram.com/sidjacobsonjcc).

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