

winter 2015

CancerWellnessConnections.org

## FusionFest '15 Video Gaming Fundraiser Launch

**F**usionFest '15 is a brand new fundraiser for Cancer Wellness Connections, and a collaborative effort between Rochester Institute of Technology and CWC. On Friday, March 13 you can have fun and support a great cause by playing video games!

At the hub of FusionFest '15 is a LAN (Local Area Network) party. RIT students are renowned for these events where participants gather with their gaming consoles for a tournament of live (and lively) video game play. This LAN Party has a fundraising twist and you can join in, too. Go to our website at [CancerWellnessConnections.org](http://CancerWellnessConnections.org) and follow the link to set up your own fundraising page and have your own game-a-thon on Friday, March 13 in the comfort of your own home. Ask your friends and family to sponsor you as you play video games by the hour. Form a team and compete against others, all for a good cause.

We knew that playing video games can help pass the time during chemotherapy treatments,



but studies show these distractions also decrease the sensation of pain. CWC approached RIT's Center for Media, Arts, Games, Interaction & Creativity (MAGIC), an international leader in Computer Science and Video Game Programming and Production, to partner on not only a video game fundraiser, but also ways to explore how video game technology and

online communities can support people undergoing treatment.

Jennifer Hinton is the assistant director of the MAGIC Center. She has been working with Betsy Twohig-Barrett in getting the FusionFest '15 off the ground. She says, "This is an opportunity for two community organizations to come together to grow a relationship, raise funds for both organizations, and educate RIT students about their own health and wellness and the experience of patients receiving outpatient cancer treatment and the power of diversionary activities, including gaming."

Says Twohig-Barrett, "I think that we are in a unique position at CWC. We are not providing a cure. We are not healing people. But we are creating the environment where connections are made – connections between people that enhance their quality of life during treatment and beyond. This event is not just about using gaming technology as a part of treatment, but about the human connections behind that technology."

### Ways To Support This Event

RIT students and other video game enthusiasts will gather on Friday, March 13 at the Student Development Center at NTID for the FusionFest LAN Party. For LAN Party (open to the public) admission prices and event timing, please see the CWC website. You can watch players by streaming from your own computer, create your own team, make a donation to one of the teams, become an event sponsor, or donate prizes. To learn more about how to get involved, please contact Betsy Twohig-Barrett at [bbarrett@rochester.rr.com](mailto:bbarrett@rochester.rr.com) or **585-469-5727** and visit [CancerWellnessConnections.org](http://CancerWellnessConnections.org).



---

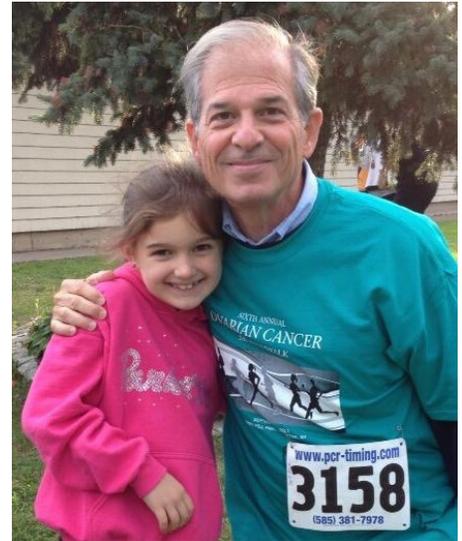
## Giving Back to the Community - Volunteer Spotlight: Dave Beck

**W**as one of your New Year's Resolutions to give back more to your community? Consider volunteering your time and expertise with Cancer Wellness Connections! When Dave Beck retired five years ago, he knew that he wanted to volunteer in a couple of areas that were dear to his heart. One area of focus was to help those dealing with cancer. Dave had lost his wife Nancy to ovarian cancer in 1997, and he remembered well the long days spent in the infusion center. Dave first joined up with CWC via participation in the 5K, but has since become a regular food-pick-up volunteer and presence at St. Mary's.

Beck shares, "I begin my Mondays with a run to Brueggers for a bag of bagels and deliver them to St. Mary's. Once there, I sort through the CWC grab bag of puzzle books, games, joke books, and decks of cards and walk around to those receiving treatment. "Anything from the bag today?" is a great conversation starter. I had one gentleman ask

if I had a lobster dinner in the bag and I had to say no. But I went out and bought a toy lobster in case anyone asks me a second time!" Beck also devotes his efforts to a STEM (Science, Technology, Engineering, Math) program at RCSD School #23. He is a sponsor of the program that provides science kits, field trips, video conferences, and mobile lab visits for students in grades K-6, as well as professional development for their teachers. Says CWC President & Executive Director Betsy Twohig Barrett, "Dave Beck is a wonderful gentleman. He volunteers once a week at St. Mary's, supports CWC's 5K, and is also incredibly involved with the city school system. His involvement and commitment to both programs are part of what make him such an amazing community member."

Understandably hesitant at first, Beck wasn't sure how it would feel to go back into an infusion center with the memories of time spent there with his wife during her fight. But he's glad



Volunteer Dave Beck and his granddaughter Keller

he decided to proceed as he has found giving back to be rewarding. He says, "I'm glad I found Cancer Wellness Connections and enjoy being a part of its community. The folks over at St. Mary's reinforce my impression that medical professionals caring for cancer patients are truly a special group of people."

---

## President's Message - Furthering Our Reach in 2015 Program Expanding to Park Ridge



**C**ancer Wellness Connections is pleased to announce that we will be bringing our services to Park Ridge at Unity Hospital this year. Our signature wellness

programs include reiki therapy, personal trainer consultations,

manicures, both good and good-for-you snacks, and activities to pass the time. As such, we are looking specifically for west-side volunteers and west-side food donors to make this new initiative successful. Our food donors are restaurant or catering businesses that can provide hearty lunch menu items for 16 people, two times a month. Food is picked up by Cancer Wellness Connections volunteers and dropped off to the infusion center. CWC volunteers are needed to not only do the food deliveries, but also provide

companionship and activities to the patients during chemotherapy infusions. Our treatment center volunteers visit with people, bring books and games, sit and knit, play cards, etc. The minimum commitment is for four hours a month – two shifts of two hours each. We're looking forward to working with the staff at Park Ridge and bringing bright spots to treatment time to their patients.



---

## Thank You to Food Donors

We couldn't do what we do without the generous and tasty food donations from the following food and dining establishments. Many of these places have take out and catering options available. Consider patronizing one of our donors to make life a little easier. Instead of preparing a dinner at home, or cooking for a party, treat yourself to a delicious meal that's prepared for you. Save your time and energy while saying thank you to our generous sponsors:

### **2Vine**

24 Winthrop Street  
Rochester, NY 14607  
[www.2vine.com](http://www.2vine.com)  
**(585) 454-6020**

### **Balsam Bagels**

288 Winton Road North  
Rochester, NY 14610  
[www.balsambagels.com](http://www.balsambagels.com)  
**(585) 482-5080**

### **Brownstein's Deli & Bakery**

1862 Monroe Avenue  
Rochester, NY 14618  
**(585) 442-2770**

### **Bruegger's Bagels**

1400 Mt. Hope Avenue  
Rochester, NY 14620  
[www.brueggers.com](http://www.brueggers.com)  
**(585) 442-4860**

### **Caraglio's Pizza**

2882 Dewey Avenue  
Rochester, NY 14616  
[www.caragliospizza.com](http://www.caragliospizza.com)  
**(585) 663-8390**

### **Charley Brown's Restaurant, Penfield**

1675 Penfield Road  
Rochester, NY 14625  
[www.charleybrownspenfield.com](http://www.charleybrownspenfield.com)  
**(585) 385-9202**

### **Edibles Restaurant & Bar**

704 University Ave  
Rochester, NY 14607  
[www.ediblesrochester.com](http://www.ediblesrochester.com)  
**(585) 271-4910**

### **Fox's Deli**

3450 Winton Place # 15  
Rochester, NY 14623  
[www.foxsdeli.com](http://www.foxsdeli.com)  
**(585) 427-8200**

### **Fruit & Salad Company**

680 Pittsford-Victor Road  
Pittsford, NY 14534  
[www.fruitandsaladco.com](http://www.fruitandsaladco.com)  
**(585) 586-7280**

### **Genesee Bakery & Deli**

1677 Mt. Hope Avenue  
Rochester, NY 14620  
[www.geneseebakeryanddeli.com](http://www.geneseebakeryanddeli.com)  
**(585) 244-5360**

### **Geulah's Kosher Cafe'**

1200 Edgewood Avenue  
Rochester, NY 14618  
[www.jccrochester.org](http://www.jccrochester.org)  
**(585) 461-2000**

### **Great Northern Pizza**

1918 Monroe Ave  
Rochester, NY 14618  
[www.greatnorthernpizza.com](http://www.greatnorthernpizza.com)  
**(585) 244-7437**

### **Jines Restaurant**

658 Park Avenue  
Rochester, NY 14607  
[www.jinesrestaurant.com](http://www.jinesrestaurant.com)  
**(585) 461-1280**

### **Mario's Italian Restaurant**

2740 Monroe Avenue  
Rochester, NY 14618  
[www.mariosit.com](http://www.mariosit.com)  
**(585) 271-1111**

### **Nathan's Soup & Salad**

691 Park Avenue  
Rochester, NY 14607  
[www.nathanssoupandsalad.com](http://www.nathanssoupandsalad.com)  
**(585) 461-3016**

### **Nick's SeaBreeze Inn**

4581 Culver Road  
Rochester, NY 14622  
[www.nicksseabreezeinn.com](http://www.nicksseabreezeinn.com)  
**(585) 323-1950**

### **Pane Vino**

175 North Water Street  
Rochester, NY 14604  
[www.panevinoontheriver.com](http://www.panevinoontheriver.com)  
**(585) 232-6090**

### **Perlo's**

202 N Washington Street  
East Rochester, NY 14445  
[www.perlosrestaurant.com](http://www.perlosrestaurant.com)  
**(585) 248-5060**

### **Richardson's Canal House**

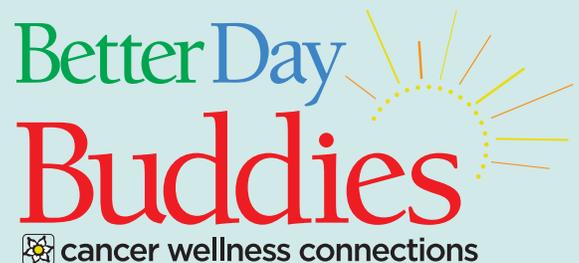
1474 Marsh Road  
Pittsford, NY 14534  
[www.richardsonscanalhouse.com](http://www.richardsonscanalhouse.com)  
**(585) 248-5000**

### **Village Bakery & Cafe'**

5 State Street  
Pittsford, NY 14534  
[www.villagebakeries.com](http://www.villagebakeries.com)  
**(585) 203-1311**

## Call For Better Day Buddies Volunteers

Better Day Buddies, the pediatric arm of Cancer Wellness Connections, is in need of new volunteers. Better Day Buddies volunteers work with children in the outpatient treatment center at Golisano Children's Hospital at URM. Volunteer slots are available Monday through Friday. BDB volunteers work with patients ages 2-20 and their families and bring around crafts, books, small games, hearty snacks, and other fun and diversionary activities. For more information, please contact Elizabeth Tyler at [estylers3@icloud.com](mailto:estylers3@icloud.com) or **585-729-9831**.



---

## Local Restaurants Support Cancer Wellness Connections

Cancer Wellness Connections co-founder Eileen Grossman has been a Restaurant 2Vine customer since they opened in 1999. When she asked owner Jerry Serafine about donating food to infusion center patients, he was happy to help. 2Vine has been a food sponsor for Cancer Wellness Connections since our organization's inception. 2Vine provides sandwiches and other fare every other week – incredible BLTs, wraps, and chicken, changing it up from week to week. Serafine says, "I've heard that some patients specifically schedule their treatment for Wednesdays so they can get the 2Vine lunch!" Serafine is proud to be a part of the CWC family: "CWC takes treatment – which is discouraging for many, or at best a chore – and turns it into a bright spot in the person's day. Keeping your spirits up is the best thing you can do for your treat-

ment." 2Vine is a warm and casual restaurant with a fun atmosphere and a menu of French and Italian country food. They make everything in house from fresh ingredients – even their own ketchup! Restaurant 2Vine is a "farm to table" gem in our community.

Charley Brown's Restaurant in Penfield is one of the latest to join our ranks of restaurants providing food donations to the infusion centers serviced by Cancer Wellness Connections. Juanita and Ron Medina are the owners of Charley Brown's, and they learned about this donor opportunity from Josephine Braitman, a long-time supporter of CWC. Says Juanita Medina, "Jo Braitman has been one of our customers for years. She approached us about donating food to the infusion centers and we felt compelled to do something.

We consider ourselves extremely blessed and donating food is the least we can do!" For their contribution to the infusion centers, the Medinas prepare a variety of soups – their favorites being split pea with ham, beef barley, minestrone, and cream of sherried mushroom. Charley Brown's Restaurant in Penfield provides a mix of Italian and American food items, an Early Bird menu seven nights a week, and an extensive menu in a recently-renovated "rustic yet refined" setting.

Please thank these establishments for supporting CWC – and all our donor restaurants and bakeries! – by patronizing them with your dine-in or cater-out business! Contact information for these featured sponsors, and all our sponsors, is included in this newsletter.

---

## Warming Up With Reiki Therapy and Scarf Drive

Judy Andrews, RN, Reiki Master works for Cancer Wellness Connections as a reiki therapist. Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by the practitioner's touch and is based on the idea that unseen life force energy flows through us. If one's life force energy is low, then we are more likely to get sick or feel stress, and if it is high, we are more capable of being happy and healthy. Reiki treatment sessions are available through Cancer Wellness Connections.

With the onset of the cold weather, Andrews got thinking about how difficult it is for some patients to stay warm throughout the day. She says, "Along with the weather extremes, many lose their hair and/or lose weight. Patients often comment on being cold during their treatments." Andrews makes warm blankets available to the patients she sees and recommends keeping hats on: "Hats are great because we know we lose a lot of heat off our heads."



Using her knowledge of reiki principles, she wondered if scarves would help. "The thyroid gland is located in the neck area and helps in maintaining body metabolism and temperature." Andrews asked several friends if they would be willing to knit a few scarves for Cancer Wellness Connections. She says, "Anyone who knits always has extra bits of yarn, plus I had a bunch of yarn just waiting to be knit into something someday. The response was amazing!"

A special thank you goes to Bob Cobb and Rainbow International who learned of the scarf drive and donated six cases of beautiful, brand new scarves to the effort.

Andrews will be continuing her scarf drive through the remaining cold-weather months. She is accepting donations of not only completed scarves, but will take donations of yarn as well. She says, "The patients are loving their new scarves. The only problem is choosing which one to take! They are all simply beautiful!"

Even CWC president and executive director Betsy Twohig-Barrett has gotten in on the scarf-knitting campaign. Twohig-Barrett invites others to join her: "If you can knit or crochet, not only can you share your talents by contributing a completed scarf to Judy's scarf drive, you could work on a scarf side by side as a volunteer of Cancer Wellness Connections."



---

## Creating Balance in Our Lives

*Submitted by Joan Vezelis, Certified Health Coach*

**D**o you feel overwhelmed with work, children, or aging parents? Stress and health challenges cause the “fight or flight” response – the body’s way of getting through difficult or trying situations that tax our bodies and are detrimental to our health.

Below are five simple strategies to help you create more balance and peace:

1. Practice Gratitude:

Regardless of what transpired the day before, rise each morning and write down three things you are grateful to have in your life. Studies show that people who express gratitude are generally happier people because they focus on the positive in their lives rather than the negative.

2. Get Up And Walk: Walking in ten minute increments improves physical well-being. Walking helps to maintain your functional abilities in the present day and as we age. If you are new to exercise, begin with one ten-minute walk in the

morning, then add another walk at lunch, and eventually one in the evening.

3. Connect With The Ones You Love: Make time to connect in person with the people you love. Sit down over a cup of coffee or tea and look into their eyes. If you can’t be together, then give them a call. There is nothing more reassuring than hearing a special loved one’s voice.

4. Breathe: Breathing exercises reduce stress and anxiety. By simply focusing on breathing, you can become relaxed. Exhaling completely is one way to achieve deeper, more relaxed breathing. Take in a deep breath, let it out effortlessly, and then squeeze out a little more. Try this a few times. You will notice your shoulders and face muscles relax. This is a great exercise to do while waiting at a doctor’s appointment or sitting in traffic.

5. Fill Your Body With The Nutrients It Needs: If you fill

your body with packaged, overly-processed foods, your body misses the nutrients needed to run optimally. If you typically eat on the run with a muffin and coffee, try a breakfast test. One morning eat your normal breakfast, whatever it is. Notice how you feel two hours later. The next day, eat a complex carbohydrate, such as oatmeal with fresh berries, a protein, such as a hardboiled egg, and add a little fat, such as 4 almonds or a teaspoon of cashew butter. Notice, again, how you feel approximately two hours later. You will likely feel more energetic and less sluggish. The right foods really can make a difference.

You can help yourself to cope in times of stress by taking care of yourself and your body. You might not be able to avoid all of the demands placed on you. But, you can create peace and balance within yourself by beginning with these five steps!

### Help Wanted!

Cancer Wellness Connections is always in need of specialized volunteers to provide the extra touches we are known for – manicurists, certified personal trainers, reiki therapists, and licensed massage therapists are in high demand among the people we serve. If you or someone you know can volunteer time in these areas, please contact Betsy Twohig-Barrett at [bbarrett@rochester.rr.com](mailto:bbarrett@rochester.rr.com) or **585-469-5727**.

### Mendonites Running Groups Make CWC Donation

Thank you to The Mendonites – teams of friends who have come together to run over 250 miles to raise funds for various causes in the region, including Cancer Wellness Connections. The Mendonites teams ran both the Seneca Sevens and the Cape Cod Ragnar relays in 2014 and raised \$1,050 for Cancer Wellness Connections. David Ross, co-director of our Ovarian & Gynecologic Cancer 5K race, is a member of this Mendonites group. The Mendonites also volunteer their time to help run the Ovarian & Gynecologic Cancer 5K each September. Thank you so much to these local athletes with hearts of gold!



## Teams Gearing Up for 2015 5K

Team Nani is gearing up for the 2015 Cancer Wellness Connections Ovarian & Gynecologic Cancer 5K on September 13 – and they hope you are too!

Team Nani is led by Joan Brown and her daughter Patty McIntosh. They first learned about Cancer Wellness Connections from Dr. Cynthia Angel – Brown’s oncologist. Brown is a nine-year survivor of ovarian cancer and a patient of Dr. Angel’s. Other key members of the team include McIntosh’s sisters Michelle Perkins, Kathy Endres, and Kelly Allison. Their spouses, close friends, and grandchildren all get involved.

They take the race seriously – in 2014, two of the team members placed first in their age groups! – but they take their fundraising even more seriously. They are looking forward to using an online fundraising portal this fall to make collecting race sponsorships even easier. CWC will have an online fundraising platform available – Team Nani and all the race teams can reach out for contributions to friends and family across the globe.

Says McIntosh, “We participate in the 5K to support our mother, but also the whole cause. We support each other and all of those touched by this dreadful disease. At the race, no one is a stranger. Everyone has travelled the same road to get to where we are. Whether you are a survivor, currently in treatment, or a family member or friend walking in memory of a loved one, everyone’s story is the same-but-different. We all are intertwined with each other.”



## Volunteer Spotlight: Rick Keane

Rick Keane can be seen around the Golisano Children’s Hospital Pediatric Treatment Center wearing a “Groucho”-style nose, mustache, and glasses and handing out pizza. The kids there hardly recognize this Better Day Buddies volunteer without his characteristic spatula-through-the-head ornament, hamming it up by bumping into walls and other silliness. Keane is a Better Day Buddies fixture and the kids look forward to seeing him and his alter ego each week.

Keane first heard of Better Day Buddies from his friends, Earl and Esther Krakower. Earl was also a BDB volunteer before he passed away about five years ago. Says Keane, “A month after his death, I told Esther that I’d like to take Earl’s volunteer time at BDB. I thought of this as a gift to Earl and his memory. As it turned out, I had it backwards. It wasn’t my gift to Earl. It was his gift to me. Better Day Buddies is the most rewarding thing I have ever done. I get to spend my time with my heroes – the kids and their parents,

and the hospital staff who confront diseases, day after day. This environment may sound intimidating. I’ve had people say that it would be too hard to spend time around sick kids. I thought that once, as well. When people ask, ‘How can you do that?’ I tell them that once I tried it, the question became, ‘How could I NOT do that?’ There is no better way to make a difference in our community.”

Keane not only volunteers time at BDB, but also volunteers for Cancer Wellness Connections in the adult infusion treatment center at Highland Hospital. He serves on CWC’s Advisory Board and is the secretary for the CWC Board of Directors. Now in retirement, he and his wife Susan enjoy spending time traveling and dining out at local eateries.

“Dedication is the best word to describe Rick,” says Elizabeth Tyler, Program Coordinator of Better Day Buddies. “I am so very grateful for his valuable time, never-ending energy and extreme generosity in making our program the best it

can be. Rick has such a following that many patients and their families make sure to schedule their visits on his assigned days. Rick makes each day better and brighter for all.”

Better Day Buddies volunteers serve food, engage children in craft activities or games, and pass out craft bags, iPads, or movies to watch. To learn more about volunteering with Better Day Buddies, please contact Elizabeth Tyler at [estylers3@icloud.com](mailto:estylers3@icloud.com) or **585-729-9831**.



---

## Personal Trainer Undergoes the Patient's Journey Fitness Tips From the Trenches

Jean Brennan was working as a personal trainer and living in Lake Placid, NY when she was diagnosed with ovarian cancer. Her research led her to Dr. Cynthia Angel, co-founder of Cancer Wellness Connections, as her top choice to oversee her cancer treatment process. Having family in the Rochester area allowed her to move in and begin treatment right away. Brennan says, "The volunteers from Cancer Wellness Connections were helpful from the beginning. They fed me when I was at the infusion center, with nutritious and good food." She really appreciated receiving a manicure at one of her infusions – it gave her a lift both in spirit and energy level.

Brennan tells a story about her first experience with reiki: "Right away it helped me get into a meditative state. When we were done I could feel a calm over my body. Somehow the spots in my body that were bothering me calmed. I could feel the energy flow throughout my body even out. What a great experience – and it was free for all infusion patients thanks to CWC!"

Brennan found that her fitness level prior to the cancer diagnosis greatly affected the way she tolerated treatment and recovering from surgery. But even those who don't do fitness for a living can still benefit from gentle exercise and Brennan urges patients to speak with CWC's personal trainer making the rounds at the infusion centers. With her professional and personal experience, Brennan says, "CWC's personal trainers help each patient with a movement plan to fit their health situation and lifestyle. This can help before, during, and after treatment."

What fitness advice does she have for others in the treatment trenches? She says, "Believe me, I understand first-hand that the fatigue factor is high. It's hard to keep up your lifestyle as it was before treatment began." But Brennan recommends:

- Keep walking. Brennan walks 5-6 days a week to keep her strength up.
- Stretch. Instead of heavy exercise, do stretches to help keep your joints mobile.
- Focus on strengthening your

arms, legs, and "balance muscles." Keeping the shoulders functional and strong are important for mobility if your abdomen is in recovery mode.

- Don't forget the hips. Hip strength is key for walking and balance. Since you are more likely to be lying down or sitting more while in treatment, look to increase the mobility of the hips at other times.
- Keep your core strong. You can do so without doing sit-ups, which may not be possible if you undergo abdominal surgery. Check with your oncologist to see what is appropriate for you.
- Take advantage of CWC's wellness services. Says Brennan, "The many services offered by Cancer Wellness Connections have helped keep me moving!"

### Attention: West Side Community Members!

With Cancer Wellness Connections' expansion into the Park Ridge at Unity Hospital, we are excited to be bringing our program activities to the west side of the greater Rochester community. This means that we have a volunteer opportunity closer to home for those on the west side. If travel was a concern holding you back before, please consider giving your time to Cancer Wellness Connections at Park Ridge. New volunteers receive orientation and training and are welcome at any time.



240 Kilbourn Road  
 Rochester, NY 14618

**Board of Directors**

Cindy Angel, M.D., Chairman, Brent DuBeshter, M.D., Treasurer, Richard Keane, Secretary  
 George Abraham, M.D., Jeff Allen, M.D., Christopher Caldwell, M.D., Larry Fine, Linda Gillim, Bette Gould Ross, Esq.  
 Eileen Grossman, Caroline Korn, Esther Krakower, Howard Konar, Carolyn Nussbaum, Esq., Jane Walsh, R.N.

**President & Executive Director** Betsy Twohig-Barrett

**Advisory Committee**

David Beck, Elaine Blum, Leila Briggs, Bruce Cherry, Barbara Clark, Daphne Cohen, Lisa Curwin, Julene Gilbert  
 Linda Gillim, Eileen Grossman, Rochelle Gutkin, Betsey Haas, Sally Hirst, Kay Jacobstein, Jenny Janawitz, Rick Keane  
 Jill Kemp, Caroline Korn, Esther Krakower, Jack O'Connor, Sam Savary, Richard Wagner, BJ Yudelson

**Editor** Melanie Phillips **Designer** Seth Berman



Like us on Facebook! Find us at  
[facebook.com/CancerWellnessConnections](https://facebook.com/CancerWellnessConnections)

For sponsorship information, contact Betsy Twohig-Barrett at:  
**(585) 469-5727** or **bbarrett@rochester.rr.com**

I am proud to support people undergoing chemotherapy with a gift of:

\$500   
  \$250   
  \$100   
  \$50   
  \$25   
  My choice

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

This gift is  in honor of  in memory of \_\_\_\_\_

Please send acknowledgement to (name) \_\_\_\_\_

(address) \_\_\_\_\_

Make your check payable to: Cancer Wellness Connections of Rochester, and mail to:

7 Brickston Drive, Pittsford, NY 14534. **Thank You!**

Donate online at: [cancerwellnessconnections.org](http://cancerwellnessconnections.org)

