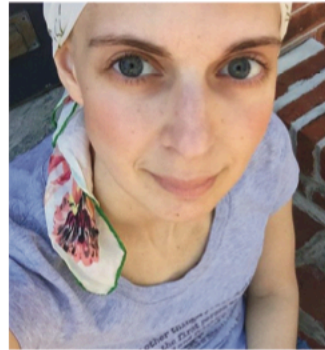


Wellness Programs - Her Story

BECAUSE OF YOU...

Amy found support.

"I attended a Unite for HER Wellness Day soon after my first chemo treatment, so I was about as terrified as I've ever been in my life. I won't lie, the event was emotional. I felt strange and slightly out of place—at 31 years old, I think I was the youngest woman there. I didn't want to be there because I didn't want Stage 3c breast cancer, I wanted my old life back. I constantly looked to the past not to the future. I fell into a dark place, a deep depression and I struggled both physically and emotionally. **UFH gave me access to therapy I needed to endure what I was experiencing. On my darkest days I managed to get myself to therapy because I knew it was the only thing that would help. Without it, I'm not sure I would have been able to get back to being Amy.** I write this with tears in my eyes because my heart has been through so much that no one quite understands.



Unite for HER is an important resource that connects with women and delivers what they need. This organization helped me long after my Wellness Day. It was the mentality UFH promotes. A thought process that values and supports my individuality and emotional needs as a woman. Allowing our hurts to be just that....hurting, instead of sugar coating, minimizing, or invalidating our experiences. UFH spoke openly about the reality that this isn't over when treatment is, and hearing that was so important. As a mental health clinician, I assure you, being able to give off this energy of support and love to a group of strangers, in such a genuine way, is no small feat, but actually quite miraculous. I thank you from the bottom of my heart" *Amy*

Mehraz found hope.

"When you go through treatment, you feel like you lost all control over your body. Unite for HER gives us hope in a way that we do have control over our health and cancer. Through Unite for HER, I was able to begin acupuncture right after my chemotherapy. Acupuncture helped me emotionally and gave me some of that control back. It also gave me the strength I needed to finish treatment. The work that Unite for HER does teaches us that not to let a diagnosis of cancer take over your life, and to be good to yourself. It makes us feel loved."

Mehraz



"Unite for HER has offered invaluable services to aid my patients' recovery. I see women having fewer side-effects from chemotherapy after receiving acupuncture, improved energy and physical strength after yoga, and feel more confident in their ability to complete cancer therapies. The long-term benefits of Unite for HER's program and education are also apparent years later when women are empowered to exercise, eat well, and change other life habits that lower cancer risk and improve their health."

Dr. Linna Li, Main Line Health