"I was diagnosed with stage 2B ovarian cancer in late December 2019. My prognosis was good, my spirits were high, and I managed to make it through surgery and chemotherapy with a positive attitude and a smile on my face. Thirteen months after treatment ended, I learned that the cancer had returned. My positive attitude was replaced by fear, my smile dulled by anxiety. Was this really happening? How was I going to make it through this again?" Read more from Nancy.
Recent Updates and Advances in the Field of Ovarian Cancer is sponsored by: Basser, Daiichi Sankyo, Merck and Miami Cancer Institute.

Annual Speaker Training and Cultural Competency Training is sponsored by: Eisai, Exact Sciences, GSK, Lilly, Pfizer, Seagen, Daiichi-Sankyo and Merck.

Order Your Free Survivorship Kit And Exercise Bands Today!
Order a **FREE** Sharsheret survivorship kit that helps ovarian cancer survivors thrive. This customized kit comes with exercise bands that will help you jumpstart a good workout routine at home or outside, and also includes a healthy living cookbook.

Order Your Kit Today!

This kit is made possible with support from [AstraZeneca](https://www.astrazeneca.com), [Lilly](https://www.lilly.com), [Macrogenics](https://www.macrogenics.com) and [Seagen](https://www.seagen.com).

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There's Still Time To Register For The West Coast Dash On 9/18 In Los Angeles
"Dr. Amy Kusske is a personal hero of mine. She saved the life of my wife and has saved the lives of thousands of people to date." – Howie Mandel, Emmy nominated comedian and judge on America's Got Talent.

Join Sharsheret's West Coast Dash 5K/10K/Family Fun Race on September 18th at Dockweiler Beach, Playa Del Rey, CA.

Celebrate our Race Grand Marshal Dr. Amy Kusske, Co-Director, UCLA Santa Monica Breast Center and member of Sharsheret Medical Advisory Board.

Run or walk on this fully paved course just steps from the ocean. Enjoy the family-friendly day and race festival. All ages, abilities and strollers welcome.

Race Co-Chairs: Carri Garelick and Stacy Kent

Register Today

Outside of LA? Participate Virtually!

Contact Jenna Fields at jfields@sharsheret.org or 310-409-2330 for more information.

The West Coast Dash 5K/10K/Family Fun Race is made possible with support from lead sponsors including Merck, Pfizer, Eisai, Lilly, Courtney Mizel, Sheila Baran Spiwak and Alan Spiwak, BRD, Councilman Mike Bonin, Brown, Altshule and Vazana Families, Karen and Jeff Goss, Susan and Dan Kane, and Cassie and Eitan Weinstock.
Join tens of thousands of people nationwide, virtually and in-person, for The Sharsheret Summit: Pink, Teal and You, taking place throughout September and October.

Let us help your organizations develop and implement programs specifically for your community or participate in our national virtual offerings.

Looking for ideas?

- Pink or Teal Challah or Babka Bake
- Healthy Living Workshop
- Sharsheret Teal and Pink Shabbat®
- Community Service Opportunities
- Interactive Panel Discussion
- Create your own program

Contact Yael Gevertzman to plan a program.

Thank you to our Summit sponsors (in formation):

Eisai, Exact Sciences, GSK, Lilly, Pfizer, Seagen, Daiichi-Sankyo and Merck

Register For A Program  Plan A Program

We Are Shifting Gears
This fall, we’re shifting gears and trying something new!

Join us for Pedal for Pink in NYC, our first national charity ride in support of Sharsheret, sponsored by Bernstein Liebhard, LLP.

Book your bike for $36, raise money, bring friends and ride in person!

Join The Ride

Together we will raise awareness about the importance of living a healthy lifestyle.

All funds raised through personal fundraising pages will benefit Sharsheret's cancer support programs and services. Riders will receive a free Pedal For Pink shirt.

Can't meet us in person? Part of the Peloton Community? Join #TeamSharsheret and look for information about a group ride. Meet you on the bike!

Committee members (in formation)

Sandra Abrams
Jonathan Blinken
Samantha Bryk
Drs. Tammy & Hillel Bryk
Jenna & Bryant Feintuch
Remi Feintuch
Sivan Levine
Adina Levy
Samantha Rochlin
Ben Strulowitz
Erin Weinreich

Sponsorship opportunities available.
Stay up-to-date with the latest Sharsheret happenings, breaking news in the breast cancer and ovarian cancer fields, tips from experts and stories from women and families in the Sharsheret community.

Follow Us On Instagram  
Follow Us On Facebook

Bring A Sharsheret Bake Sale To Your Community!
Love to bake? Looking to make a difference?

Sharsheret's pre-Thanksgiving bake sale was launched by sisters Adeena Sussman and Sharon Wieder in 2008 in memory of their mother and grandmother, whom they lost to ovarian cancer. Pies for Prevention proceeds support Sharsheret's ovarian cancer initiative and takes place in cities across the country.

Want to coordinate a local sale? Contact Yael Gevertzman to get started.

Pies for Prevention is made possible with support from Merck.

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Sign Up For Ina, A Virtual Personal Nutrition Assistant

Whether you are at risk, recently diagnosed, living with cancer, or have completed your cancer treatment, a healthy diet is an important part of your breast cancer or ovarian cancer journey. Eating well can be extremely beneficial and can help you reduce your risk, maintain a healthy weight, and face side effects of treatment. It is important to try to maintain healthy nutrition habits before, during and after treatment.

Don't know where to start? Ask Ina your free, virtual personal nutrition
assistant, and peruse our library of nutrition resources and blogs on our site.

CLICK HERE TO DONATE NOW

September 2022 | Sharsheret | 866 474 2774 | info@sharsheret.org | www.sharsheret.org

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