Meet the Team

What inspires you?

Sherri Martens-Curtis
Executive Director
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I get inspired often. When I get up in the morning, the unconditional love my dogs shower me with helps put a smile on my face and set the pace for a good day. Their passion and enthusiasm remind me that I need to do the same for others. It’s much easier to spread happiness and smiles than enter the world with a frown.

During the day, I work with an incredible team that not only supports me in my quest to help our community in “the fight” but in their own unique ways strive to make a difference. I am energized by what they say, the effort they put forth, and the passion they have for their position with Komen.

The wonderful women we help also are a wealth of inspiration. Seeing someone stay so positive through a life-altering event always makes me work harder knowing each day is purpose driven.

“When we do the best we can, we never know what miracle is wrought in our life, or in the life of another.”

Antoinette Anwar
Mission & Program Manager
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My parents are a constant source of inspiration for me. Through every hurdle that we’ve encountered, they have taught me how to move forward, to learn, and to grow. Everything we have been through has molded us into the people we are today.

I am inspired by life, by the strength I’ve found in myself to do things I never thought I could do, by the people I never imagined I’d meet, and by the opportunities that surround me every day.

Vanessa Edwards-George
Events & Marketing Manager
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My inspiration comes from being a mother to two amazing sons. Although they are so far apart in age (4yrs & 15yrs) they each inspire me in unique ways, pushing me to continuously grow and become a better person mentally, emotionally, spiritually and physically. They challenge me to step out of my comfort zone. It hasn’t always been easy but as the saying goes “change cannot happen within your comfort zone” so I guess they knew what they were doing! My sons have and will always be my inspiration!

Table of Contents

Why Support Us ................................................................. 3
Meet our 2019 Grantees ..................................................... 3
More Than Pink Luncheon ............................................... 4
The Importance of Early Breast Cancer Screening ........... 6
Be a Volunteer ................................................................. 7
Yoga for Stress Management .......................................... 8
Treatment Assistance Program ........................................ 9
Yummy Summer Cooking ................................................ 10
Social Worker on Being Outdoors .................................. 11
CVS Specialty: Personalized Support with Heart ............ 12
Welcome to the MORE THAN PINK WALK .................... 13
Fundraising Stories .......................................................... 14

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Meet Our 2019 Grantees

These non-profit organizations are being funded through Komen Miami/Ft. Lauderdale grants for breast health programs across Broward, Miami-Dade, and Monroe counties. They provide various breast health services to those in need. Your dollars help make these programs possible!

**Screening | Diagnostic | Treatment | Education**

1. Community Life Support, Inc. | Mammogram | Ultrasound, Mammogram, Biopsy
2. Florida Keys Area Health Education Center, Inc. | Mammogram (voucher)
3. Gilda's Club South Florida | Educational Workshops
4. Health Education Prevention and Promotion, Inc. | Clinical Breast Exam, Mammogram | Ultrasound, Mammogram
5. Holy Cross Hospital, Inc. | Mammogram | Ultrasound, Mammogram, MRI, Biopsy
6. Liga Contra el Cancer, Inc. | Chemotherapy
7. Lymphedema Foundation of South Florida | Lymphedema Therapy
8. Memorial Foundation/Memorial Healthcare System | Ultrasound, Mammogram, Biopsy, MRI, Genomic Testing
9. North Broward Hospital District d/b/a Broward Health | Mammogram | Ultrasound, Mammogram, MRI, Biopsy
10. Open Door Health Center, Inc. | Clinical Breast Exam, Mammogram Referral | Specialist Referral
11. SSJ Health Foundation benefiting St. John Bosco Clinic | Mammogram | Ultrasound, Mammogram
12. Womankind | Mammogram, Ultrasound, Biopsy
13. YWCA of Greater Miami-Dade, Inc. | Clinical Breast Exam, Mammogram | Mammogram
Unlike the traditional green hues seen on St. Patrick’s Day, the Hyatt Regency Coral Gables was flush with fuchsia for the Susan G. Komen Miami/Fort Lauderdale More Than Pink Luncheon on March 17.

To celebrate this year’s Faces of a Warrior survivors and thrivers, the Susan G. Komen Miami/Fort Lauderdale [SGK] chapter hosted its annual luncheon, which acknowledged 15 South Florida women who have all endured a breast cancer diagnosis.

Several sponsors helped make the event extra special, including the Hyatt Regency, Sylvester Comprehensive Cancer Center, AARP, Topline MD Health Alliance, Ford, Print Basics, Southern Glazer’s Wine & Spirits, Flowers by Poupariña and Jet Fresh Flower.

Additionally, several companies and vendors were also present with tables of information, items for purchase and goodies for attendees.

Kicking off the luncheon was a beautiful 6-members choir ensemble called the Heroines, who opened with a powerful rendition of “Brave” by Sara Bareilles.

Mistress of Ceremonies and SGK Executive Director Sherri Martens-Curtis also recognized long-time volunteer Kim Heard for 23 years of service and dedication to the organization and those individuals it supports.

Heard, the chapter’s Governance Chair and Board President, talked about her own experience with breast cancer and the Foundation, which helped her during diagnosis and treatment — a time when she was a young single mother with no health insurance.

It is because of her experience with the Foundation that Heard said she was inspired to volunteer and use her second chance at life to help others in need.

During the luncheon, Martens-Curtis also recognized Miami-
based boat builder Reef Runner Boats, which fundraised $15,000 for SGK by raffling off a brand new 180 Bay Boat during the 2019 Progressive Miami International Boat Show.

Reef Runner Boats Owner Donna Milo said this was the second year in a row the company raffled a brand new boat for the Foundation.

“For us, it’s a real honor to be able to help an organization that does so much in our community,” said Milo.

Martens-Curtis also recognized the 15 Faces of a Warrior survivors and thrivers from the past year during the luncheon. The Warriors honored were Angelina Abraham, Tracey Ashton, Carol Burpeau, Maria Doyle, Ana Hauer, Ginette Jackson, Dana Koman, Ruby McCloud, Dionne Polite, Noemi Rada, Terry-Ann Ramjus, Maria Reig, Melissa Rojas, Betty Stover and Debbie Wasserman-Schultz.

Looking to the future, SGK is now accepting applications for new Warriors — breast cancer survivors and thrivers who want to share their stories and be a mentor for others. For more information, send a message to info@komenmiaftl.org.

Thank you to everyone who attended the More Than Pink Luncheon. Whether you’re a survivor, thriver, caregiver, volunteer, family member or friend, breast cancer continues to touch the lives of women and men throughout South Florida and the world. At Susan G. Komen, we’re not only committed to helping those navigate the breast cancer journey, but to someday find a cure.

And we won’t stop until every story is a survivor story. Read more articles like this on our website under “Komen Korner”.

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The Importance of Early Breast Cancer Screening

Breast cancer is the second most commonly diagnosed cancer among American women. About 1 in 8 U.S. women will develop invasive breast cancer over the course of her lifetime. In 2019, about 30% of newly diagnosed cancers in women will be breast cancers. That means an estimated 268,600 new cases of invasive breast cancer along with 63,000 new cases of non-invasive or in-situ breast cancer. About 41,760 women in the U.S. are expected to die in 2019 from breast cancer, which makes it the second most common cause of cancer death.

Breast cancer death rates have been decreasing since 1989. These decreases are thought to be the result of increased awareness, treatment advances, and earlier detection through screening. Because of screening mammography programs, the presentation of breast cancer has shifted from late-stage metastatic disease to early-stage localized disease. Randomized controlled trials consistently show an approximate 30% reduction in breast cancer deaths due to screening.

There have been decades of negative analysis and misleading information regarding the recommended starting age and frequency of screening mammography. Annual screening mammography for women at average risk beginning at age 40 offers greatest mortality reduction, most lives saved, and most life years gained. It saves about 12,000 more women’s lives each year in the U.S. than biennial screening starting at age 50. There is no scientific reason to delay screening until the age of 50 or to do it every other year. The authors who recommend so, present incomplete data and add to the confusion by ignoring decades of progress in breast radiology.

Some anti-screening articles come from authors who have been expelled from their institutions due to providing wrong information, and yet their papers are published by media. Patients should be skeptical of all information, look for data from randomized controlled trials, and discuss it with their health care providers. There is no question that starting yearly screening mammograms at age 40 decreases chance that disease is advanced at diagnosis and lowers costs and time needed for extensive treatments. Women should be able to choose to begin screening at age 40 and the age to stop screening should be individualized. Those who prefer to maximize life-extending benefits and seek improved treatment options for breast cancer should choose annual screening starting at age 40.

I encourage women and families to refer to reliable sources such as #mammographysaveslives and #endtheconfusion to make their own informed decision.

Dr. Brandon Behjatnia

This article was written by Dr. Brandon Behjatnia, a TopLine MD Breast Imaging Radiologist at Pembroke Pink Imaging. This center is one of four diagnostic centers in South Florida affiliated with TopLine MD Health Alliance, a large network of the highest quality physicians throughout Florida. Patients who visit any of the centers listed below can expect high-level care in a comfortable setting.

- Pembroke Pink Imaging – Pembroke Pines
- Diagnostic Center for Women – South Miami
- Midtown Women’s Center – North Miami
- Care Diagnostics for Women – Boca Raton

* Mention SGK for discounted rates.
Be a Volunteer.

We recruit anyone who’s looking for opportunities to get involved in our organization, and in the fight against breast cancer! We provide service hours for students, too!

Here’s what you can do:

- **Administrative:** Assisting with office tasks as needed - *Using Microsoft Office, answering phones, sorting files, organizing event materials*
- **Community Outreach:** Tabling at health fairs & community events - *Handing out materials, talking to public, encouraging our breast health programs*
- **Event Support:** Getting hands-on at a major Komen event! *More Than Pink Walk, Run for the Pink, Survivor Luncheon*
- **Event Committee:** Helping us plan and organize a major Komen event - *Event planning, coordination of volunteers and tasks*

Visit www.komenmiaftl.org/get-involved to apply and view upcoming opportunities!

Become a Leader!

"Be the change you wish to see in the world" ... **HERE’S YOUR CHANCE!**

If you’re looking for an opportunity to help thousands of under/uninsured women in our community and engage yourself in an incredible opportunity to utilize your skills and talents, look no further.

**Become a member of the 2019 MORE THAN PINK® Walk Leadership Committee.**

Surround yourself with like-minded individuals who have the heart and the passion to help organize and execute our largest fundraising event of the year in the fight against breast cancer.

Send us a message if you’re interested in this unique opportunity to get involved, make a difference, and be an active member of **OUR** community!
Happy Summer!

Whether you or a loved one have been affected by breast cancer, there is one thing both groups share - stress. Therefore, it’s important to introduce a daily routine for coping with stress. One way to practice self-care is to start yoga. The practice of yoga is thousands of years old. Even though it was (and still is) used as a meditation practice, the physical practice is a great way of reducing tension in the physical body. According to a study published in Geburtshilfe Frauenheilkunde called “Yoga for Patients with Early Breast Cancer and its Impact on Quality of Life – a Randomized Controlled Trial”, the researchers concluded that “a good QoL (quality of life) indicates the patients ability to cope with the burden of cancer and somatic therapy.” The authors also found that “early initiation of yoga classes contributes to improved physical activity and leads to a high motivation to continue training.” Yoga also helps to balance emotional states.

Don’t get it twisted! Yoga is not just handstands and splits! Even simple neck movements and twisting motions can be great for relieving stiffness and rigidity from the body. There are so many ways to practice yoga... and it does not always mean getting the yoga mat out. There is facial yoga, desk yoga, standing yoga, chair yoga, and even yoga poses that can be performed while lying down. There is no limit to how you can incorporate yoga into your lifestyle.

A popular style of yoga that is beneficial for coping with stress is restorative yoga. This style of yoga is very relaxing and moves at a slower pace. With the help of props such as pillows/bolsters, blocks, straps, blankets, and maybe the occasional sandbag, positions that are held for a few minutes at a time can help the body relax and open up naturally at its own pace.

A good length of time to practice yoga is at least one hour - but start where you feel comfortable! Even 5 minutes of daily yoga is better than none; just taking the time to roll the shoulders and move the neck in all directions can do wonders for you in the moment. Anything is a win!

Look in your local area for a good yoga class to attend! My suggestion? Practice outside to increase your relaxation with sounds of nature while you connect with yourself. Do you feel like it’s not the right time to attend a public yoga class yet? Try a yoga app or pull up YouTube and watch a yoga flow of your liking! If you are looking for more of a personal touch, consider a private session (or with family) where a yoga instructor can come to your home for individual attention.

Try it out - see what you think and notice how you feel afterwards. If you need some help motivating yourself, grab a buddy! Yoga just gets better with more love!

Chahna Tailor

Chahna Tailor received her yoga certification in Rishikesh, India, and has a background in occupational therapy and health science. Chahna’s company, Namaskar To You, provides a home delivery service of yoga and additional holistic services, as well as a delivery of corporate wellness programs to companies in South Florida. One of her favorite styles of yoga is Restorative Yoga. Her mission is to help others implement stress reduction techniques and take more time out for their own self-care. She volunteers for charities associated with education and is a volunteer contributor to Desh Videsh, writing articles related to yoga, meditation, and wellness. She is currently pursuing studies in the holistic science of Ayurveda while continuing her self-studies in yoga. Interested in a private session? You can email her at chahna@namaskartoyou.com or call her at 954-695-9296.
TREATMENT ASSISTANCE PROGRAM

Don’t let financial hardship keep you from the treatment you need.
The following assistance is available for qualifying breast cancer patients:

- Assessment by an oncology social worker
- Psychosocial support

- Breast cancer education
- Information about local resources

- Financial assistance
  - Oral pain medication
  - Anti-nausea medication
  - Oral chemotherapy/hormone therapy
  - Child care/elder care
  - Transportation to and from treatment
  - Lymphedema care and supplies
  - Durable medical equipment

Call the Susan G. Komen® Breast Care Helpline
M-F 9AM-10PM
1-877 GO KOMEN (465-6636)
or email helpline@komen.org
Yummy Summer Cooking

Here is a wholesome dinner that is simple and quick enough to make on a busy weeknight!
Lean cuts of pork are high in protein and low in fat. Add a side of veggies and you have got a clean meal that delivers all the right nutrients without waist-expanding carbs.
Remember that making simple meals like this at home will help accelerate your fitness results.

Apple Pork Chops

What you need (serves 4)
- 2 apples, chopped
- 1 medium yellow onion, chopped
- 2 Tablespoons coconut oil
- Cinnamon
- Sea salt
- 4 lean pork chops
- 1/4 cup white wine
- 1/4 cup sliced almonds

Instructions
1. In a large skillet warm 1 Tablespoon of the coconut oil over medium heat. Add the apples and onions. Sauté for 5 minutes until the apples are tender.
2. Remove the apples and onions from the pan.
3. Add the remaining Tablespoon of coconut oil to the pan and leave the heat on medium. Sprinkle cinnamon and salt on both sides of the pork chops then rub in.
4. Place the pork chops in the pan, sear on each side for 2 minutes.
5. Add the wine and bring to a boil. Add the apples and onions back to the pan, cover and cook for about 6 minutes.
6. Sprinkle with the almonds and serve the chops with a generous helping of the apples and onions.

Nutrition
One serving equals 296 calories, 12g fat, 94mg sodium, 10g carbohydrate, 2g fiber, and 21g protein. I hope that you get a chance to give this recipe a try this week. Remember that we are only a call or email away to assist you in all things fitness.

If you are not yet one of our prized clients then call or email us now to set up your first workout – we would love to help you achieve your best body ever!

Paulo Andalaft

Paulo Andalaft is the owner and founder of Fit Factor Personal Training in Fort Lauderdale, FL. Fit Factor has been in business since 2002, helping people to transform their lives through exercise and fitness.

Paulo has over 27 years of experience in the fitness industry. He has an in-depth knowledge of sports science, anatomy and physiology. His philosophy is to EDUCATE clients about the importance of exercise in our daily lives, MOTIVATE clients to be better people through fitness, and to INSPIRE clients to live healthy lives so they can move, feel and look their best.
This quarter we’ll focus on surviving the heat of the summer while undergoing breast cancer treatment and recovery. Our summers are intensely hot. However, research illustrates that going outside and doing some type of activity is proven to strengthen our ability to cope with stress, anxiety, and depression. Let’s discuss some ways to enjoy the outdoors this summer.

Why is it important to spend time outside? Being indoors most of the time is a recipe for anxiety and depression. Many studies demonstrate that going outside, even if you’re just relaxing in a shady spot, helps to lift your mood, manage emotions, and aid in healing. Walking, hiking, and swimming, especially in shaded areas, are all great ways to experience the outdoors.

If you enjoy the outdoors but find the heat of the day oppressive, try getting up early to spend time outside! Gardening or tending plants is a fun suggestion for an early morning activity.

Consider joining clubs. The Susan G. Komen staff have many resources to share about free community activities to participate in. Group activities help by reducing social isolation and building support networks. This is key in fighting depression.

Pace yourself and modify as needed. Always check with your doctor prior to adding any physical activity to your routine and please don't forget sunscreen! Speak to your doctor to discuss specific sun-safety measures.

Don’t let cancer bog you down this summer! You deserve to feel the joy that summer brings.

Questions? Comments? Ideas? Contact me at: commentsforstacey@gmail.com.

Stacey Balkanski
Stacey Balkanski holds a Master’s Degree in Social Work from the University of Central Florida and a Bachelor’s Degree in Psychology from the State University of New York at Stony Brook. She is a Licensed Clinical Social Worker with more than 20 years of experience in for-profit and non-profit organizations in the social services and mental health fields. Stacey has maintained a private practice for 10 years in Plantation, FL and has recently expanded to serve the Coral Springs/Parkland communities. Most recently, Stacey served as the Program Director at Gilda’s Club South Florida from 2014-2018.

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Ashley Stewart x Susan G. Komen

BUY A LUNCH TOTE. MAKE A DIFFERENCE. shop now

While supplies last. This partnership is valid from January 1, 2019 through December 31, 2019.
CVS Specialty: Personalized Support with Heart

By: Irena Mor Rph., Pharmacy Manager, CVS Specialty

At CVS Specialty®, we work hard every day in South Florida to help support people like you on their breast cancer treatment journey. Specifically, we can help you get the medications you need, when you need them, along with personalized support to help make managing your cancer a little easier.

For example, when specialty medications are filled by CVS Specialty, we can connect you to our CareTeam, led by pharmacists and nurses who are specially trained in your condition. The CareTeam will reach out to check in, offer support and guidance, communicate with your doctor and coordinate with others involved in your care. The CareTeam is available 24/7 for questions about medications or help managing side effects. We help you start and stay on therapy and provide additional support when you need it most.

We also help make it as convenient as possible to fill, refill and get the medications and supplies you need. This includes a choice of picking up your prescription(s) at any of our area CVS Pharmacy® locations, including those inside Target, as well as our CVS y MAS pharmacy and Navarro Discount Pharmacy locations. In addition, you can opt for delivery of prescriptions throughout Florida at no additional cost to you*.

In addition, you can also download and use the CVS Specialty mobile app and website, which enable you to manage your treatment, wherever you are. This includes the ability to order refills, get shipping updates and alerts, set medication and treatment reminders as well as communicate with your CareTeam using secure messaging. For additional support, CVS Specialty can also help connect you to social networks and support groups, including the MyBCTeam**, a social network for women living with breast cancer. Patients can visit mybcteam.com/cvs for more information on how to join this social network.

We also understand that health insurance can be confusing at times, so our insurance specialists will help you understand your benefits and how to help keep your out-of-pocket costs as low as possible. This includes help filing your insurance claims and assistance during benefits reviews.

For additional information or to send or transfer a prescription to CVS Specialty, visit Navarro Specialty Services at 7205 Corporate Center Dr., Suite 104 in Miami or call 1-855-647-7979.

*Where allowed by law. In-store pick up is currently not available in Oklahoma. Some states require first-fill prescriptions to be transmitted directly to the dispensing specialty pharmacy. Products are dispensed by CVS Specialty and certain services are only accessed by calling CVS Specialty directly. Certain specialty medication may not qualify. Services are also available at Long’s Drugs locations.

**CVS Specialty, an investor in MyHealthTeams, helps spread the word about MyHealthTeams to people who could benefit from joining the community. Patients should review the MyHealthTeams’ Privacy Policy carefully to understand their rights when using the MyHealthTeams’ site.
Welcome to the MORE THAN PINK WALK

Susan G. Komen’s MORE THAN PINK Walk™ is our commitment to go beyond breast cancer awareness and take ACTION.

As our signature fundraising event, the MORE THAN PINK Walk™ is where we put aside everything else in our lives to share our stories, our laughter and our tears; to raise money to save lives.

This inspiring family-friendly event joins participants of all ages and abilities, coming together as one, and remembering those we’ve lost, celebrating those that have survived, honoring those currently living with the disease and uniting as a community.

Together we are more than one person dealing with this devastating disease, we are a COMMUNITY fighting back, do more for RESEARCH and provide more CARE for those among us who are living with breast cancer – including metastatic breast cancer.

Your partnership is a solid commitment, not only in the well-being of the people in your community, but also in those close to you. Breast cancer in some way touches the lives of your colleagues, friends, neighbors and/or family members.

We’re all in. Join us.
Individual Fundraising Story

Danny Benn
2018 Day of Walk Top Fundraiser

“I have been involved with the Susan G. Komen Race for the Cure (now More Than Pink Walk) since 2006 in Atlanta, Georgia. As an avid runner, it simply started with me joining friends in the Race. After learning more about the organization, I became more interested in doing the race for its mission. I believe in the Susan G. Komen organization and the contributions it makes to the world of research and finding a cure for breast cancer.

In subsequent years, I began to realize how many people’s lives are affected by this horrible condition. I started to see friends lose their mothers, their wives, their sisters and even daughters. I started to realize my fundraising could really make a difference; I became more and more interested in becoming a part of the cause.

In 2008, cancer made a personal connection to me. My sister-in-law, Irene, was diagnosed with Stage 3 breast cancer. Ten years prior to her diagnosis there was no successful treatment for the type of breast cancer she had. Within those ten years, a new type of treatment called “Herceptin” was developed for her type of cancer. Without this, she probably would not have survived - her cancer had metastasized and spread to her lymph nodes. Radiation was also a part of her treatment. The timing was right for her. She is now 11 years in remission. In 2016, my other sister-in-law, Helen, was diagnosed with metastatic pancreatic cancer and had to have her pancreas removed, along with other organs. She is a survivor and beating all odds. This experience made me realize just how quickly metastatic cancers can take over the body.

Because of the funds raised and the efforts of the Susan G. Komen Organization, both of my family members are still with us today.

Being the top fundraiser meant a lot to me and to my team and family. I am not here to seek recognition or praise for this, simply to raise awareness and to let you know that every dollar makes a difference.”

Metastatic Thriver Fundraising Story

Bethany Reeb – Sutherland
Board Vice President, Metastatic Thriver

In 2016, I was diagnosed with Stage 3 breast cancer, just 2 weeks after having my second child. After a year of treatment, I wanted to give back to help all the other women and men on their journeys with this horrible disease. When I learned that the funds raised for Susan G. Komen stays within our local community, I knew this was the organization I wanted to help. Raising funds that go toward education, screening, diagnosis, and even treatment helps so many in our community. Most importantly, the funds raised for research help determine the best treatments for ALL women whether they are Stage 0 or Stage 4. This has become even more important to me now that I have started a new cancer journey with my recent diagnosis of metastatic breast cancer.
Team Captain Fundraising Story

Marlon Hill
More Than Pink Walk Team Captain

The Komen Foundation is more than a fundraising, research and advocacy organization for breast cancer awareness. It is a family circle of support when families need to know that they are not alone on the journey of survival together.

I fundraise and support the Komen Foundation to ensure that we not only have this sustainable support, but to also ensure that communities of color, who are at times disproportionately impacted, have access to similar resources and a base of support.

Breast cancer does not discriminate. Therefore, we cannot afford to have any inequities in how we support those families who may be impacted. The Komen Foundation has afforded our family the opportunity to use the power of our music, culture, and heritage to highlight the work of what we do for each other.

Let’s do this. Together.

Join us in the

Register now at komenniaftl.org/walk

Fundraise $1,500

- 10x30 Tent
- 3 - 8’ tables
- 12 chairs
- 2 cases of water
- Delivery of team t-shirts (team members must be registered by Sept 23)
- Goodies and treats

Fundraise $2,500

- 20x20 Tent
- 4 - 8’ tables
- 18 chairs
- 4 cases of water
- Delivery of team t-shirts (team members must be registered by Sept 23)
- Goodies and treats
- Personalized Team photo

Call 954-909-0454
or email walk@komenmiaftl.org
The time to act is now. Join us.

Early Bird Special $15
Until July 31st

komenmiaftl.org/walk