

MAKING A DIFFERENCE

# RACING FOR HOPE

Nancy Marx Cancer Wellness Center offers vital support and raises almost \$300K in annual 5K event



Sid Jacobson JCC's Nancy Marx Cancer Wellness Center (NMCWC) in nearby East Hills is a vital resource for individuals and families affected by cancer, offering a wide range of free services that address the emotional, physical, and social needs of those impacted.

Old Westbury resident Joy Rubel, LMSW is a Social Worker at NMCWC. In this role, she helps to provide individuals with the tools and knowledge to cope with the emotional, physical and practical challenges of cancer. "Coming to work every day at NMCWC allows me the opportunity to make a direct difference in the lives of individuals and families affected by cancer. Whether it is providing emotional support, resources, or simply being a



Joy Rubel



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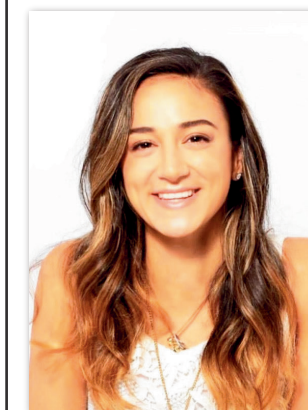
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listening ear, the work we do here helps people navigate one of the most challenging times in their lives," she says.

The Center provides individual and family counseling, support groups, educational programs, and wellness activities, such as yoga, fitness, and nutrition classes. These services nurture the mind, body, and spirit, ensuring that no one has to face cancer alone. "Our goal is to create a caring and supportive community for those navigating cancer," said Randy Hight, Director of SJJCC's Nancy Marx Cancer Wellness Center.

This past September, the Stronger Than Cancer 5K Run, Walk, and Family Fun Day brought nearly 500 participants together to raise close to \$300,000 in support of cancer wellness. The 5K is one of the Center's largest annual fundraisers and the funds raised will ensure that NMCWC can continue offering its free services to cancer survivors and their families across Long Island and the greater New York City area.

The success of the Stronger Than Cancer 5K highlights the community's commitment to ensuring that Sid Jacobson JCC's Nancy Marx Cancer Wellness Center can continue to be a lifeline for those affected by cancer. Joy says, "I am constantly inspired by the strength and resilience of those going through their cancer journeys. Seeing individuals find hope, comfort, and even a little joy in the face of adversity is one of the most rewarding aspects of this work."



Missed the Stronger Than Cancer 5K but still want to contribute to the mission of SJJCC's Nancy Marx Cancer Wellness Center? Please visit [www.sjjcc.org/cancerwellness](http://www.sjjcc.org/cancerwellness) to make an online donation.

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