

# Memorial Cancer Institute Grants Total Over \$160,000

Memorial Cancer Institute recently was awarded a total of \$160,349 from the Florida Division of the American Cancer Society for two grants, the Breast Cancer Patient Navigator and Churches Against Cancer.

Over the next two years, the Cancer Institute will receive a total of \$145,349 to fund the Breast Cancer Patient Navigator, helping patients at the Institute to receive more information about treatment options and preventative behaviors.

Individuals are provided a personal navigator trained to help patients chart their own course throughout their medical care. The program targets the underserved and uninsured residents in South Broward county.

The second grant will commit \$15,000 to Churches Against Cancer, designed to educate risks of breast cancer and how early detection and the development of a healthy lifestyle can significantly reduce those risks.

The Memorial Cancer Institute will host breast cancer educational programs in 10 South Broward churches, including New Jerusalem First Missionary Baptist Church, ChristWay Baptist Church, True Fellowship Worship Center, Greater Mount Pleasant AME Church, First Assembly of God, New Beginning Life Christian Center, Inc., Ebenezer Missionary Baptist Church, Koinonia Worship Center, New Hope Baptist Church and St. Ruth's Missionary Baptist Church.

The churches will provide health and educational resources, emotional support, social activities, financial assistance, community services and political advocacy.

Memorial Cancer Institute, with two locations at Memorial Regional Hospital and Memorial Hospital West, is the leading cancer program in Broward County. The multi-specialty Center provides quality patient care through advanced diagnostics, cutting-edge treatment modalities and personalized attention.

# Weston Rotary Holiday Run Marathon/Walk on Dec. 10

The Ninth Annual ReMax Hometown Rotary Holiday Run, an annual charitable 5K and one-half marathon race sponsored by The Rotary Club of Weston anticipates 1,500 participants, including some of the best runners in South Florida on Sunday, Dec. 10.

Attended by large numbers of families and school teams, the event traditionally attracts runners from throughout the tri-county area, all participants receiving T-Shirt and pancake breakfast at a Family Festival.

The festival includes awards ceremony, food vendors, entertainment, and children's activities and is open to entire community. All Half-Marathoners receive a medal and top three male and female half-marathon finishers receive Cash Prizes! Sponsorship opportunities are available.

Festival and maration events will be held at Cypress Bay High School in Weston, with Registration & chip pick-up beginning at 5:30 a.m. on the day of

the Marathon. The Half Marathon begins at 7 a.m.; 5K Run/Walk at 7:15 a.m.; Family Festival events at 8 a.m.

Runners can register online at [www.rotaryholidayrun.com](http://www.rotaryholidayrun.com) or at [www.splitsecondtiming.com](http://www.splitsecondtiming.com).

Runners may also register in person at the Runners Depot Shoppes of Silver Isles: 16319 Miramar Pkwy. (954-432-4144); Runners Depot, Promenade Plaza: 2233 South University Dr., Davie (954-474-4074); Running Wild, 1133 North Federal Hwy. Ft. Lauderdale (954-565-9400); or the Training Camp, Weston Town Center, 1715 Main St., Weston (954-389-7721).

Proceeds will benefit The Baudhuin Preschool at NSU's Mailman Segal Institute for Early Childhood Studies, The Miami Project to Cure Paralysis, Multiple Sclerosis- South Florida Chapter, The West Broward Family YMCA, The Rotary Foundation, and The Rotary Club of Weston's Local Charities.

## HERE'S TO YOUR HEALTH! Memorial Health Educational Seminars

**Memorial Senior Partners, a social and wellness program designed for adults age 50 or over, is taking reservations for activities to be held at 1726 E. Hallandale Beach Boulevard. To RSVP, tel. 954-457-0501; all programs on each weekday unless dated.**

### Advanced Exercise

10 a.m. Mon-Tue-Thur  
Free for members;  
Non-members: \$3

### Ballroom & Latin Dancing

12 Noon, Mon.  
Members \$3;  
Non-members \$4

### Belly Dancing

12 p.m. Tue  
Members \$5  
Non-members \$6

### Bereavement Group

10 a.m., Fri • Free

### Bingo

1 p.m. Fri  
Members free;  
Non-members, \$3  
\$1 per card.

### Book Review

**"Empress of the Splendid Season"**  
2:15 p.m., Mon, Nov 13  
Free

### Facial Treatments

Mon, Nov 6 & 20  
Members Facial: \$30  
Non-Members Facial  
\$35

### Eyebrow waxing:

Members \$5  
Non-members \$10  
Tel. Lia Nye at  
754-234-3317  
for appointment.

### Jokes by Paula

12 Noon, Tues  
Members free;  
Non-members \$3

### Lecture: Advances in Laser

**Dermatology**  
2 p.m., Mon, Nov 6  
Free

### Lecture:

**Reflexology**  
2 p.m., Mon, Nov 27  
Free

### Line Dancing

11 a.m., Mon & Thur  
1 p.m. Tue  
Members: \$2  
Non-Members: \$

### Massage Therapy

Fri, Nov 3 and 17  
\$10 for 15-min.  
\$20 for 20-min.  
Tel. Lynn Berrie  
954-918-2730  
for appointment.

### Need to Talk

**Support Group**  
10 a.m., Tue, Nov 14  
Free

### Take Charge of Your Health

12 Noon, Thur  
Free

### Yoga Class

2 p.m. Tue  
9:45 a.m. Wed  
10:30 a.m. Fri  
Members \$4  
Non-member \$5