



“Individually, we are one drop. Together, we are an ocean.”

— Ryunosuke Satoro



2015/16 Annual Report

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Together...

Like our women, our Unite for HER donors come from all walks of life, each of you with your own story. Some of you give because someone you love was touched by Unite for HER—like Vail, whose mom proudly walked the runway at Bloom this past spring. Some of you come from within the medical community and see how impactful our programs are—like Julia, a surgeon, and Linna, an oncologist. A few found Unite for HER while searching for a way to honor the nurturing spirit of a loved one taken by breast cancer—like our dear friend, Louis. And so many of you, our beloved women, give your support because Unite for HER helped you find your own path to healing. What ties us all together is our shared dedication to bringing greater wellness to breast cancer patients by funding and delivering complementary therapies including acupuncture, massage, yoga, exercise, nutrition, and counseling.

You, our incredible donors, fill our hearts with the creative ways you support our women. You bring together your friends for Gather & Give dinners, organize music concerts and skating events, host galas, golf outings, gym and studio events. You do cartwheel-a-thons (truly a sight to see!), and participate in Students Unite for HER t-shirt sales and pink games. Your heartfelt donations range from corporate partnerships to a precious envelope containing two ten dollar bills, and every one of them is cherished. You inspire us by giving countless hours of your time to support our events and create your own. You make us smile with the new and wonderful ways you find to show our women how deeply they are loved—the videos, posts, and messages of support that you share on social media create a community of caring that is healing in and of itself.

Together, we experienced another year of growth. With you by our side, we were able to partner with 14 hospitals to bring direct services to more than 1,000 women with breast cancer. With your support, we were able to respond when our women told us that they needed help to cope with their changing body, infertility and stress by adding sexual health counseling to our wellness passport. And thanks to you, we were able to be there when Lori was most vulnerable, “transforming my mind and breathing new life back into my soul.”

We are honored that you have chosen to partner with us, and we are fueled by your commitment, love, sacrifices, and strength. Together, we will continue to bring our unique approach to healing to breast cancer patients right here in the Philadelphia region, and to educate people of all ages about the importance of healthy living choices. Thank you for your generous and compassionate support, and for all your contributions to our Unite for HER family.

Sincerely,



Sue Weldon
Founder & President



Maia Tolsdorf
Chair of the Board of Directors





“Great things are done by a series of small things brought together.”

— Vincent Van Gogh



Together We Grow

This year was marked by tremendous success that we humbly share with our donors, volunteers, and the women we serve. It was an accumulation of many small things that, together, set us on a trajectory to achieve aggressive fundraising and outreach goals for the 2015/16 fiscal year. By working with community leaders, healthcare providers, generous partners, and compassionate volunteers, UFH grew program outreach funding by 22% and income rose by over 40%. These increases can be attributed to a greater understanding within the breast cancer community of the valuable benefits UFH services provide to women in treatment, a rise in grant awards and event proceeds, and improved administrative efficiency. To support and cultivate the growth experienced in 2015/16, UFH added two new staff positions in development and strategic planning, and three professional advisors.

We also endeavor to unite and empower communities to care for those affected by breast cancer. A wonderful example of this effort has been the Students Unite for HER program. The teams and groups that participated this year amazed us with their creativity, enthusiasm, and devotion. Together, students across the Philadelphia area donned their pink t-shirts and raised nearly \$85,000 to fund UFH wellness programs, an increase of 28% over the previous year. Another outward display of growth and support came when we moved our annual 5k run/walk to West Chester, more than doubling race attendance. The photos on these pages represent just a fraction of the thousands of people who further our mission each year, and we want to thank each and every one for their individual contribution. Together, we are creating new possibilities.

Hospital Partners

Abington–Jefferson Health
Aria–Jefferson Health
Bryn Mawr Hospital
Chestnut Hill Hospital
Einstein Medical Center Montgomery
Lankenau Medical Center
Paoli Hospital

Penn Medicine Abramson Cancer Center
Penn Medicine Chester County Hospital
Penn Medicine Radnor
Penn Medicine Valley Forge
Pennsylvania Hospital
Phoenixville Hospital
Riddle Hospital

How We Grew



+43% income



2 staff/3 professional advisors



+28% Student Unite for HER donations



"We are truly so proud to be a partner of Unite for HER as they offer support to women of all ages who seek to empower themselves through education and alternative therapies. Founded with similar principals and philosophies, ACURE is passionate about providing safe and effective products that steer people away from toxic chemicals and potentially harmful ingredients. **The partnership is simply a natural extension of what we stand for and we are so honored to support Unite for HER.**"

— Kristen Underwood, Vice President of Marketing



"Panera Bread is humbled and honored to partner with the passionate and dedicated team at Unite for HER. **Our partnership is forged in an aligned mission of nutrition, wellness and supporting the communities we serve.** Sue and the Unite for HER team continues to surpass our imagination with creative partnership events and promotional support. We consistently try to put them in the spotlight to assist in educating people of their mission, but somehow Unite for HER always makes Panera shine! This organization is truly a class act!"

— Theresa Rivello, Regional Marketing Manager



"I have worked with Unite for HER for several years and they have touched hundreds of women that I have helped throughout their cancer journeys. **Unite for HER provides resources, comfort, and a community to women that are going through a difficult time in ways that we would not be able to provide.** I am so grateful and happy to work with such a wonderful organization."

— Cynthia Brown, Breast Care Nurse Navigator





“Together we can face any challenges as deep as the ocean and as high as the sky.”

— Sonia Gandhi



Together We Heal

The UFH approach to wellness is uniquely defined by its intention to care for the whole person, encompassing physical, emotional, and financial needs. Working together with our wellness partners, we consider the health and well-being of the women we serve as our highest priority. The healing modalities offered through hospital Wellness Day events and the Path to Healing Grant include acupuncture, massage therapy, yoga/meditation, exercise therapy, nutrition services, Reiki, and professional counseling. These complementary therapies have been proven to alleviate debilitating side effects such as pain, anxiety, nausea, fatigue and neuropathy, and reduce the amount of prescription drugs needed to manage them. With your support, last year we delivered this fully-funded, innovative, and proactive healing plan to nearly 1,000 women affected by breast cancer.

The participant testimonies in this report are just a few stories we are sharing on behalf of all the women who received UFH wellness services in the last 12 months. Over 99% of women who attended a Wellness Day used at least one modality to further their recovery. By giving each patient a full year to utilize \$2,000 worth of treatments, we are empowering them to take control and pursue the therapies they feel will offer the greatest benefit. Women who have received a breast cancer diagnosis and medical treatment often experience challenges to their self-esteem and important relationships. To address their changing needs, we expanded the scope of professional counseling services this year to include experts in the areas of sexual health, body image, and intimacy. These additional resources have proven helpful to many women as they move into survivorship. Together, we are improving lives.

Karen's Journey

“I am very thankful to Unite for HER for so many reasons. As a single mom of three children under the age of 10 when diagnosed, I was devastated. In my darkest days, UFH made me feel understood, appreciated and cared about. UFH provided valuable education about the illness and potential side effects, and the complementary therapies helped tremendously. I chose Reiki and acupuncture, and it made such a difference in the quality of my life.”

Wellness Programs



16 hospital events + 1,000 women served



1,786 acupuncture + 1,843 massage treatments



1,055 nutrition consultations + CSA shares

Juliana's Hope

"What a remarkable day spent getting information on how to heal my body and soul as I struggle both mentally and physically through the early stages of my journey! **Though all of the information that I received was so very much helpful and needed, I also for the first time ever had the opportunity to be around other women that were just like me.** As women, as nurturers by nature, as moms, as career women—during this journey we lose a piece of ourselves and we were all there trying to find and get it back. We were taking in information in order to get control of our lives. While I stood in line, a woman came up to me and as we chatted, I found out that this was her third time in this rodeo called cancer. She had a positive way about her and her last words to me in line were, 'If I could do it, you could do it. I'll pray for you.' It sounds like the same mantra that I heard from friends, but felt different to me coming from someone that knew exactly what I was feeling. She was completely right! I will do it. I know I will."

Jenny's Strength

"When my twins were 7 months old, I was diagnosed with bilateral breast cancer, and it took me a year to really try to figure out how to come out of the fog that I felt like I was in with raising the twins and attending appointments for reconstruction, radiation, etc. When I applied for the Path to Healing Grant, I felt as if I could truly benefit from the therapies to help alleviate the pain I was having post-treatment and surgery. **I really cannot thank Unite for HER enough for one of the GREATEST gifts that I could ever ask for... the chance to seek and find wellness in my life once again.** I signed up at the YMCA and have been going to swim laps and do some light cardio. I feel good just by the mere fact that I'm getting back out there again to focus on two things that I have been truly missing—strength and endurance to make it through my day with the twins (now 4 yrs. old!). It is the first time I have worked on my wellness rather than my survival. You have given me the gift of quality of life that is difficult to explain...I am so, so grateful!"

Renee's Assurance

"I was diagnosed with breast cancer twice in the course of 7 years, and it really threw me for a loop. I felt extremely blessed that I was invited to the Unite for HER day at Paoli Hospital, but at first I was reluctant to attend. I was sick and really didn't think hanging out with other cancer patients for the day was going to help my overall spirit. Boy, was I wrong! I was so glad that I attended because I was exposed to programs that I would not have known about otherwise. I benefited greatly from acupuncture sessions that helped get me through my 16 weeks of chemo. I also paid much closer attention to my nutrition and eating habits, and to this day I am extremely grateful for all the additional services that I had free access to as a Unite for HER participant. **The Unite for HER program confirms that we ladies are in this fight together, and together, anything and everything is possible!**"





“Each one of us
can make
a difference.
Together we
make change.”

— Barbara Mikulski



Together We Transform

We are committed to bridging the gap between the medical and wellness communities for breast cancer patients in the communities we serve. While the medical community knows how to treat the cancer, the wellness community knows how to treat the woman. Through ongoing discussions with physicians, breast cancer navigators, and wellness professionals, we are seeking to close the gap by advocating for complementary therapies to be incorporated into each patient's personal care plan. UFH envisions a future where insurance companies also recognize the critical role that these modalities play in the treatment of breast cancer so that all patients can experience more complete wellness. By working together, we can transform the landscape of breast cancer care.

UFH stands by its mission, and we are proud to serve amongst the finest physicians, hospitals, and treatment centers in the region. We will pursue two new hospital partnerships in 2016/17, allowing us to reach an additional 130 women diagnosed with breast cancer. We also plan to further invest in wellness education program development to promote learning and foster a culture of positive lifestyle choices. UFH is proud to partner with local businesses, organizations, and schools to provide presentations on the benefits of self-care, including proper nutrition, regular exercise, and limiting exposure to toxins. We are seeing a movement among people of all ages to be proactive about their health and wellness, and we intend to be a leading voice for change in the community. Together, we are shaping the future.



Penn Medicine Research Study

Last year, UFH continued working with Dr. Jun Mao and Penn Medicine Abramson Cancer Center on a study to research the effects of massage therapy treatments administered to breast cancer patients in hospital oncology suites. A recent findings report states that, “This integrative approach overcomes the patient-level barriers of cost, time, and travel, as well addressing the institutional-level barrier of space. Our study also found that oncology massage may have positive short-term reductions on symptoms and lead to increased relaxation.”

Our Goals for 2016/17



+2 new hospital partners



+10–15% women treated



+20% wellness education events

2015/16 Fiscal Year

	2015/16	2014/15
Expenses		
Fundraising	\$ 131,979	\$ 77,899
Management & General	51,069	52,101
Program Service/Outreach	970,397	796,407
Total	\$ 1,153,445	\$926,407
Income		
Grants	\$ 113,600	\$ 30,000
Contributions & Donations	95,487	71,616
Special Events	428,035	382,277
Pink Invitational	607,979	381,104
In-kind Contributions	30,010	24,102
Interest Income	1,314	776
Total	\$1,276,425	\$889,875



2015/16 Board Of Directors

Maia Tolsdorf, Chair/Executive, Finance and Development Committees
 Karin Risi, Vice Chair/Executive Committee
 Robert Griesemer, Treasurer/Finance Committee
 Jan Nowell, Secretary
 Robert Fried, MD, Member
 Linna Li, MD, Member
 Douglas Smith, Member/Finance Committee
 Barbara J. Tachovsky, RN, MS, FACHE, Member/Development Committee
 Chip Weldon, Member/Executive Committee



Staff

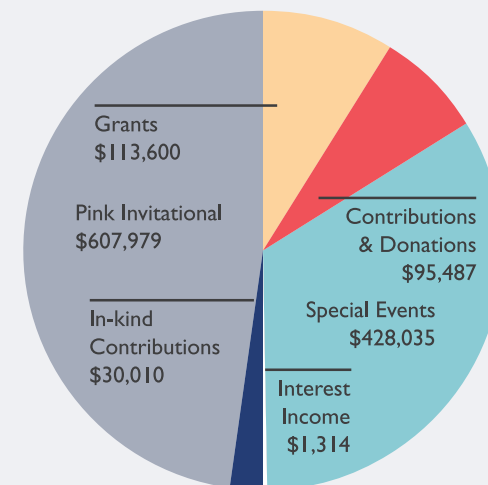
Susan Weldon, President
 Cameron Cotruffello, Special Events Manager
 Sue Falcone, Accounts Payable/Receivable
 Julie Hillhouse, Communications Director
 Vail Jacoby, Development Associate
 Gail Kelly, Wellness Day Program Director



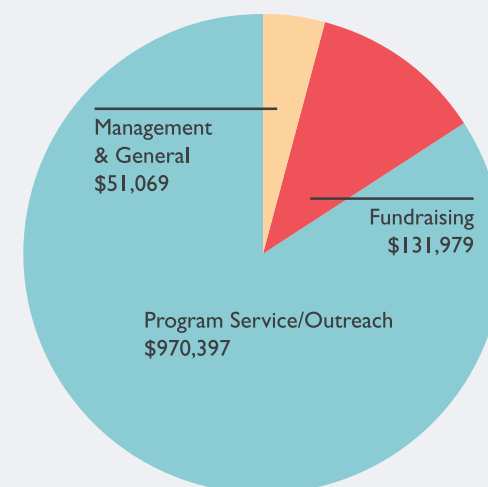
Advisors

Julie Ackerman, LMT, CLT
 Thomas Burgoon, MD
 Lauren Cates, NCTMB
 Katie Cavuto, MS, RD
 Eileen S. Curry, MSN, RN, CCRN,
 Reiki Master, CH
 Alison Donley, E-RYT 500
 Jolene Hart, CHC, AADP
 Patricia Lachman, Reiki Master, CH
 Andrew C. Laird
 Thomas A. Lynam, III
 Danielle Messina
 Kate O'Connor, LSW
 Louise Pancott
 Steve Pancott
 Julia C. Tchou, MD, PhD

July 1, 2015 – June 30, 2016



Total Income:
\$1,276,425



Total Expenses:
\$1,153,445

Unite for HER acknowledges the generosity of all donors who made gifts between July 1, 2015 and June 30, 2016. Space does not allow us to list all the names of those who contributed to our efforts, but we appreciate them all.

Donors

\$80,000 and up

The Roemer Foundation

\$25,000 and up

Acure Organics
AJS Pancott Gymnastics NTC
Anne Janiczek Nees Fund
ARM's Away Golf Outing—
Jason & Sherri Eckhardt
GK Elite Sportswear
Gymnastics Express
Mancino Manufacturing Co. Inc.

\$20,000 and up

Verizon
Chip & Sue Weldon/T. Rowe Price

\$15,000 and up

Adler & Kelly Families
Ditech Financial LLC
Farrell Brothers (Sovana Bistro and
The Classic Diner)
In Memory of Katie Sedlak
Panera Bread
Josephine M. Rudine & Family

\$10,000 and up

Ches-Co Gymnastics
Chester County Fund for Women & Girls
Main Line Health
Northwest Designs Ink
Penn Medicine Abramson Cancer Center
Prestige Gymnastics
Karin Risi & Sean McHale
South Shore Gymnastics Academy
Roth's Crosspoint Gymnastics
Rothman Institute

\$7,000 and up

AJS Pancott Gymnastics Youth Board
Avon Grove High School
Bayard Rustin High School
Bishop Shanahan High School
Coldwell Banker Preferred Cares
Hatboro/Horsham 5K Walk- Mallozzi Sisters
Legends Gymnastics

Montgomery County Gymnastics
Peirce Middle School
Unionville High School
Upper Merion Dance & Gymnastics

\$5,000 and up

Abington Jefferson Health
Adelphi University Softball
Altius Gymnastics, WI
Casali di Bibbiano (Teca)
Conestoga High School
Exelon Generation
The Fried Family
Raymond & Caroline Green
Gym Dandys
Gymnastic Training Center of Simsbury
Hershey Aerials Gymnastics
Kidsport Gymnastics Academy
Law Offices of McDonnell & Associates
Elizabeth Moran
Louis Nees
Philadelphia Macaroni Company
Phoenixville Community Health Foundation
Play it Forward with Rebecca
Skate for Kate—Kristen Beatty
Villari, Lentz & Lynam, LLC
Whole Foods Market

\$3,000 and up

Aberdeen Asset Management
Steve Abreu
American Gymnastics CT
Aqua Charitable Trust
B. Reed Henderson High School
Bay Aerials Gymnastics, CA
Boyd's Department Store
Care Fund at USLI
Katie Cavuto, Healthy Bites
Einstein Medical Center Montgomery
Friends of Carol Ernst
Fugett Middle School
Garnet Valley High School
Go for the Gold
Robert & Carol Griesemer/ Financial House
J Gallagher Septic & Wastewater Control
John Hannifan Painting
Colin Kelton
Nashville Unites for HER
NYC Elite Gymnastics II
Raymond Vineyards
Scott Honda of West Chester

Jeffrey & Maureen Shapiro
Albert & Jennifer Simmons
Stetson Middle School
Strath Haven High School
Swarovski
Team Photo
Tuttle Marketing Services
West Chester University
Win-Win Gymnastics

\$2,000 and up

422 Space Mall
ACAC Fitness & Wellness Centers
Acura of Limerick
Amani's BYOB
Aria-Jefferson Health
Baia Restaurant
Blackfish
BMW of Devon
Bryn Mawr Dermatology
Cancer Treatment Centers of America
Parker & Mary Carroll
Casper Mattresses
Laura Chadwick
Charles F. Patton Middle School
CGI Technologies & Solutions
Cork and Cap/The Baker's Table
The Crazy Sofa
CrossFit Apex Event
Crown Trophy
William & Ann Eckerd
Four Dogs/Marshalton Inn
Friends of Nina Minale
The Grateful Plate
GymOlympic Sports Academy
Hamline University
Harvest Seasonal Grill & Wine Bar
Hatboro-Horsham High School
Heineken USA
The Hillhouse Family
Il Granaio/Antica
IMS Health
The Inn at Grace Winery
Jersey Shore Gymnastics Academy
John Pancott Gymnastics
Matt & Meghan Kelly
King Laird P.C.
Lancaster Farm Fresh Cooperative
Debbie Longhi
The Malvern School
Robert & Rebecca Mancino

Thomas Marano
Mid-Coast Gymnastics
Nova Care Rehabilitation Sports Medicine
Ocean Tumblers
Optimity Advisors
Penn Therapy & Fitness at Valley Forge—
Good Shepherd Penn Partners
PerformRx
George Petrovas
Philadelphia Freedom Valley YMCA
QVC, Inc.
Keith Rudolf
RxAdvance
David Solomon
SpecialtyRx Consultants LLC
Terrain
Tolsdorf Oil Lube Express
USA Gymnastics
Vanguard Charitable Endowment
Wegmans
Westtown School
Woodward Camp
Zavino

\$1,000 and up

Ace Limousine
Richard Algoo
All Pro Gymnastics & Cheer
All Star Gymnastics
American Mushroom Institute
Applecross Country Club
Stephanie Austin
Axalta Coating Systems, LLC
Josh Barrickman
Gregory & Suzanne Barton
Beneficial Bank
Bensalem Township School District
John & Nancy Boscarelli
Brinker Simpson & Co., LLC
Brown Forman
Butler Hy-Flyers
John Butts
The Capital Grille
Carroll Gymnastics
Cartwheels and More
Centre Elite Gymnastic Inc.
Chestnut Hill Hospital
Betty Clarke/ Pfizer Foundation Volunteer
Program
Cecile Colonna
Commvault Systems Inc.

D'Ascenzo's Gelato
 Rose Marie Deffenbach
 The DeLone Family
 Kim & Dave DiBiaggio
 James & Linda DiGuisepppe
 Downingtown East High School
 Eagles Home Association
 Eclat Chocolate
 Elliot-Lewis Convention Services
 Ferguson
 For Pete's Sake Cancer Respite Foundation
 Force Sports Academy
 Forty 1 North
 GM Rocky Point
 GP Martini Roofing Company
 Great Valley High School
 Rosemarie & Anne Morrissey-Greco
 Gary & Patricia Holloway
 Horizon Services, Inc.
 International Gymnastics Camp
 George & Barbara Karr
 Keystone Family Health Plan
 LaCroix at The Rittenhouse
 Lakettes Gymnastics
 LaSalle College High School
 Leaps-N-Bounders Gymnastics
 Roy Leitstein
 Manatawny Still Works
 Robert & Laura Manning
 Marriott Business Services
 The Master's Baker
 Matthew McGovern & Julia Tchou
 Taryl McKee
 Medical Acupuncture of Chester County
 Laura Melly
 Ronald Meyer
 Keith & Alix Morgan
 Richard Murray & Patricia Bailey/
 Merck Foundation
 Nastics, Inc.
 North/South
 Northeast Gymnastic Academy
 Octorara High School
 Off Limits Gymnastics
 Owen J Roberts High School
 Palmaz Vineyards
 Paoli Hospital Medical Staff
 Penns Woods Winery
 Pepperoncini
 Phoenixville Foundry

Pi Delta Chi Sorority
 Portabello's of Kennett Square
 Power & Grace Gymnastics
 Deborah Railton
 John & Michelle Robinson
 Roots Café/Sprout Music Collective
 Allyson & Steve Ross
 Roxborough Manayunk Lioness Club
 SEI
 Skyview Gymnastics
 Karen Sirlin
 Spirit Gymnastics
 St. Norbert School
 The Sunflower Stop
 SUNY Oneonta
 Barbara Tachovsky
 Mesfin Tegenu & Nina Minale
 Sandra Thielz
 Timothy Off Heating, AC & Plumbing
 Top Flight USAG
 Tri-Star Gymnastics
 University of Pittsburgh Gymnastics
 Victory Brewing Company
 West Chester East High School
 West Chester Sport & Social Club
 West Chester University Gymnastics
 Wilson Artisan Wineries
 X-Cel Gymnastics

\$500 and up

9 Round Limerick Kick Event
 Acro Pharmaceutical
 Action Gymnastics
 Aerials Gymanastics/The Start Foundation
 APEX Gymnastics
 Arcadia Gymnastics Center
 Brett Aurand/Microsoft
 Berlin Gymnastics Club
 Bimbo Bakeries USA, Inc.
 Beverly Breeding
 Bright Stars Gymnastics
 Bucks Gymnastics II
 McKenzie Burkhardt
 Burlap and Bean
 Cape Coddrs Against Cancer
 Carouge Family Foundation
 Natalie Caruso
 Colorful Remedies LLC
 Cooper University Health Care
 Disney
 Dom Camera & Company LLC

Columbia Gymnastics
 Cumberland Gymnastics
 EGS Gymnastics
 John & Julie Ellicker
 Energy Gymnastics
 Epic Gymnastics
 Chris Erickson
 Patrick Fleming
 Flips Gymnastics
 Global Impact
 Gold Star Gymnastics
 Greek Orthodox Ladies Philoptochos
 Mimi Greenly
 Harford Gymnastics
 Hatboro Twisters
 Michael J. Hazley, Inc.
 Healing Concepts, LLC
 Heron Home Health Care
 High Performance Gymnastics
 High Performance Tennis Academy
 Hills Gymnastics
 Immaculata University
 In Memory of Eleanor Cotrufello
 Jaco Juice & Taco, LLC
 Theodore Jakubowski
 Jewarts Gymnastics New Hope Foundation
 Kaplan Fine Jewelry
 Julie Keef
 Alexandra Kelly
 Julia Kennedy & Eugene Gordon
 Keystone Foam Corporation
 Kippettes Gymnastics
 KMC Gymnastics
 Krapf Management Company, Inc.
 Karl Lamberth
 Leslie Lavino
 Leardi Family Dentistry
 Ledson Hotel and Winery
 Lee Levine
 The Light Within Yoga Studio
 The Lodge at Woodloch
 Magee-Women's Hospital of UPMC
 MapR Technologies, Inc.
 Maryland Gymnastics
 Merion Golf Country Club
 Roberta Meyer
 Mionetto
 Thomas & Michele Murtaugh
 Brendan Newman
 Nittany Gymnastics Academy

Jim & Dinae Norris
 The O'Connor Group
 Ocean State School of Gymnastics
 Octorara Elementary School
 Omni Hotel Philadelphia
 Mary Ann Olson
 Oral & Maxillofacial Surgery Associates
 Stephen & Louise Pancott
 Papa Smith's Limoncello
 Paragon Gymnastics
 Kalpana Patankar, MD
 V. Erik Petersen, Esq.
 Phoenix Rehabilitation & Health Services
 PowerBeads by Jen
 Pro-Signs
 Raymour & Flanigan
 Regus Fundraiser
 Renaissance Gymnastics Academy
 ReportSee
 Kristin Risi
 Rosemary Romett
 Saint Francis Foundation
 Concetta Schultz
 Linda Simmons
 Brian Slater
 SmallGirl Development Inc.
 Doug Smith
 Danya Speller
 Street Food Philadelphia
 Team Lightning
 Tia Tedder
 Temple University Gymnastics Team
 Kathy Tiritilli
 Christopher & Maia Tolsdorf
 Top Gun Gymnastics
 Transformative Therapy
 Ultimate Gymnastics
 Hans & Mary van den Berg-Wolf
 Vare Gymnastics
 Tammy Virnig
 Walsh Accounting Solutions
 Berry Weiss
 Julianne White
 Women's Power Networking
 WSFS Bank
 YMCA of Greater Brandywine
 Yoder & Armstrong, Inc.



“Alone
we can
do so little;
together
we can do
so much.”

— Helen Keller



UniteforHER.org



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 **unite for HER**
Helping to Empower & Restore