



Empowering Lives, Inspiring Hope

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FOR IMMEDIATE RELEASE

SUPPORT PEOPLE IMPACTED BY CANCER AT CANCER SUPPORT COMMUNITY'S STEPS FOR HOPE WALK /FUN RUN

St. Louis, Mo. (April 7, 2016) — STEPS FOR HOPE, Cancer Support Community's 18th Annual Walk/ Fun Run, will be held at **10am on Saturday, May 14th at Creve Coeur Park**. Families, friends and co-workers will come together in this community event to make a difference by helping to fund the professionally-led services and programs that [Cancer Support Community of Greater St. Louis](#) (CSC) offers to all people in the St. Louis area impacted by cancer.

Join our Honorary Chairs, **102.5 KEZK Midday Host Trish Gazall** and **Former Fox 2 News Anchor/Medical Reporter Tom O'Neal** for a meaningful day of community at STEPS FOR HOPE. The day's festivities will include your choice of a 1 or 3.7 mile walk or fun run around beautiful Creve Coeur lake, a family activities tent, raffle, lunch, and a 4 Hands Beer Garden. New to the event this year, Utopia Entertainment will bring the fun with a dj and professional dancers and lunch will be included! Throughout the morning, STEPS FOR HOPE will feature airbrush tattoos and balloon hats and animals for the kids; family programs including yoga and hula hooping, and more. Light refreshments and lunch and places to rest for walkers along the route will be provided. Also new this year, walkers will be able to personalize "I Walk For" buttons on event day to honor loved ones who inspired their participation.

Walkers donating at least \$40 before May 1 (\$45 after May 1) will be eligible for an official STEPS FOR HOPE T-shirt and new event bag. In honor of Cancer Support Community of Greater St. Louis' 23 years in Saint Louis, each registration will now include a minimum donation of \$23.00 (includes our new official STEPS FOR HOPE bag.) Additional opportunities to raise funds for cancer support programs are tribute path signs which are available to purchase for \$75 through CSC until April 22nd and our raffle with prizes including an **iPad mini and case, \$500 gift card, lottery tickets, Cardinals tickets, a Tag Heuer watch, and museum and zoo memberships**. Raffle tickets are currently available online with event registration and will be available at CSC and on event day. The funds raised from this event are critical to the mission of Cancer Support Community of Greater St. Louis which is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being.

This year's event theme is "Why I Walk". Our Ambassador, **Cancer Support Community member Laurie Whelan** shared what CSC and her support group means to her and why she walks, "It was a cool fall day when I walked into the Cancer Support Community. Since my diagnosis of appendiceal cancer in July 2014 (and subsequent surgery and chemo), I had no desire to walk into a place with the "C" word on the front door. It just made it all too real. But, as it turns out, the CSC was just where I needed to be. I joined a support group and have been going ever since. Everyone there has been so wonderful and helpful. I am happy to say that CSC is a very important part of my life these days. I am excited to be an Ambassador for the Steps for Hope this year and help raise money for CSC - don't know where I would be without it!!!"

Be a part of this inspirational day and help support Cancer Support Community's programs and services for people and families in our community impacted by cancer.

For more information about Cancer Support Community's
STEPS FOR HOPE Walk/Fun Run, call
314-238-2000 or go to www.cancersupportstl.org
Online registration with raffle option and tribute sign order form is available at www.cancersupportstl.org

Date and Location: Saturday, May 14, 2016
Creve Coeur Park at Tremayne Pavilion in Sailboat Cove

Schedule:

- 9:00 am Bag & T-shirt pickup/Onsite registration opens/ Family programs tent activities begin
- 10:00 am Walk and Fun Run starts (choose 1 or 3.7 mile)
- 11:00 am -12:30 pm-DJ and dancers from Utopia Entertainment; 4 Hands Beer tent
- 11:30 am Raffle drawing and lunch

ABOUT CANCER SUPPORT COMMUNITY OF GREATER ST. LOUIS

Cancer Support Community of Greater St. Louis (CSC) is a non-profit organization whose mission is to ensure that all people impacted by cancer are empowered by knowledge, strengthened by action, and sustained by community to enhance their overall well-being. All programs are offered at no charge in a comfortable, home-like environment. Cancer Support Community offers professionally-led support groups, educational workshops, nutrition and exercise programs, and stress-reduction classes to empower and educate individuals affected by cancer. For more information, visit www.cancersupportstl.org or call 314-238-2000.

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