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Be a Part of Richmond's Favorite Charity Event!



The readers of "Richmond Magazine" voted the Central Virginia Race for the Cure as their Favorite Charity Event in 2010. Let's see if we can keep that title in 2011! The 14th Annual Central Virginia Race for the Cure will be held on **Saturday, May 7, 2011, on Brown's Island**. Our goals this year are to involve 10,000 participants and raise \$1 million. Help us reach these by registering for the Race today!

[Click here to register NOW!](#)

The Race for the Cure raises funds and awareness for the fight against breast cancer, celebrates breast cancer survivors and honors those who have lost their battle with the disease. It is an opportunity for thousands of women, men and their families, running or walking, to make an impact in our community.

Where does the money go?

Up to 75 percent of the funds raised at the Race **stay right here in Central Virginia** to provide breast health screening, treatment, and education for uninsured or underinsured women in our community. You can read more about our [grants program here](#). The remaining 25 percent goes to fund national research to discover the causes of breast cancer and, ultimately, its cures.

Why we need your support:

Every step counts! Your donation provides women and men in Central Virginia with services that have literally saved lives. You help make the following programs possible:

- Free mammograms and diagnostics
- Support services including support groups, assistance with finding financial resources, and transportation to medical appointments
- Education about the warning signs of breast cancer, methods of early detection and the latest treatment options
- Cutting-edge research to find a cure for breast cancer



We hope to see you on May 7th!

A New Way to Give in Richmond

GiveRichmond.org is a new online tool designed to encourage charitable giving within Richmond and Central Virginia. The website provides in-depth information about hundreds of local nonprofits, including Komen Central Virginia. Best of all, GiveRichmond makes it easy to give! You can:

FIND detailed information about local nonprofits

LEARN about community issues and needs

GIVE to nonprofits in multiple ways

[Click here to visit our GiveRichmond profile!](#)



Reduce Your Risk for Breast Cancer by Making Healthy Lifestyle Choices

There are some risk factors for breast cancer that you can't control, like being a woman and getting older, but there are some that you can control. Join us on Thursday, January 20th to hear Dr. Diane Baer Wilson speak about ways you can reduce your risk for breast cancer through easy lifestyle changes.

Reduce Your Risk for Breast Cancer by Making Healthy Lifestyle Choices

Thursday, January 20, 2011

7:00 p.m.

Weinstein JCC Auditorium

[Click here to RSVP!](#)

In Loving Memory: Becky Morris

Our friend and former Komen Central Virginia board member, Becky Morris, lost her battle with metastatic breast cancer this December. Her contributions as a tireless advocate to find a cure and help gain access to care for women will not be forgotten. In addition to serving on our Board, Becky led the Community Profile Team in 2009, helping to identify the breast health needs in our area. We will remember her laughter, her love of life, and her passion to find a cure for breast cancer and to help improve the quality of life for survivors.

In addition to her work with Komen, Becky was the president of the Virginia Breast Cancer Foundation, served on numerous committees, published many articles, and coordinated and led WCAN volunteers at R.A.M. (Rural Access Medicine) in Wise, Va. She was honored for her many achievements by being selected as one of the 21 delegates from the U.S. to attend the Susan G. Komen for the Cure Global Breast Cancer Summit in Budapest, Hungary in 2007.

Becky strongly encouraged all women to become actively involved in patient advocacy research and legislative initiatives. Her desire was to make a difference in the quality of treatment for women diagnosed, to aid in the research process and to focus more attention on the quality of life for women with breast cancer.

Volunteer Spotlight

Kelly Murphy began volunteering with Komen as a sister of the Zeta Tau Alpha sorority at Old Dominion University. When she graduated and moved back to Richmond 3 years ago, Kelly said, "I wanted to continue working for such a great organization that is close to my heart, and that makes such a huge difference in the world."

Kelly has played a vital role in the growth of **P.I.N.K.K.**, Komen Central Virginia's young professionals committee, over the past year serving as the committee's co-chair. Kelly says, "I am motivated by the people I meet every day; the other volunteers, the Komen staff, those affected by breast cancer. It was this motivation, through volunteering with Komen, that has inspired me to go back to school to become a nurse."

We would like to thank Kelly for giving her time to our organization and also congratulate her on her nursing school acceptance and upcoming wedding!



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