



**“United for a Cause”  
May 14, 2019 | 5K & Family 1 Miler  
[www.unitedforacause5k.org](http://www.unitedforacause5k.org)  
Fanwood-Scotch Plains YMCA  
Scotch Plains-Fanwood PTA Council**

Dear Community Supporter,

On May 14, 2019, the Fanwood-Scotch Plains YMCA and the Scotch Plains- Fanwood PTA Council will partner together to host our seventh annual 5K and family 1 miler. Our goals are “United” to celebrate and provide opportunities for health and wellness within the Scotch Plains-Fanwood community. Proceeds from “United for a Cause” will benefit the “Livestrong at the Y” program and will support a Scotch Plains-Fanwood High School scholarship fund for students pursuing further education in the Health and Wellness field.

Livestrong at the Y is a twelve-week physical activity program free to members of our community whose lives have been challenged with cancer. The Livestrong program enables the YMCA to offer participant’s educational seminars, childcare assistance and services for financial management. The program helps recovering cancer survivors to “get their lives back” physically, mentally and spiritually. We want to give survivors the tools to continue their journey of health and wellness beyond the twelve-week program.

The “United for a Cause” 5K is a healthy community event that will “give” back to our local families and students. Many of our local students choose to pursue a career in the health and wellness field and this event will acknowledge a graduating senior’s positive intentions by providing scholarship monies towards their college, school or training program costs. By providing financial support we hope to foster their desire to make our world a healthier place. Deadline for the applying for the scholarship is February 15, 2019 Applications are available at [www.spfscholarshipfoundation.org](http://www.spfscholarshipfoundation.org).

We ask you to support this event and our community with a donation or sponsorship to help defray the cost of the 5K and to support these two worthwhile causes. The event will be promoted at the Fanwood-Scotch Plains YMCA and through the Scotch Plains-Fanwood PTA Council.

To become a sponsor, please complete the enclosed form, including payment and camera-ready artwork with your name and/or company logo.

The Y and the PTA Council look forward to an exciting event that will give back to our community in services for Livestrong at the YMCA, and to our students who are committed to making a difference in the health & wellness field.

If you would like more information, please contact Sheri Cognetti (908) 889-8880 or [Livestrong@fspymca.org](mailto:Livestrong@fspymca.org)

Thank you in advance for your participation. We look forward to having YOU as one of our community partners and supporters.

Sincerely,

Sheri Cognetti  
Senior Program Director

Christine Chaillet  
SPF PTA Council Health and Wellness Representative