

Since that dreadful day, which was my 56th birthday, the “C” word became mine, I have realized that it took cancer to get me healthy. Now as a proponent of nutrition, exercise, spirituality and holistic care, I am actually **LIVING** with cancer in my rear view mirror.

I think Karen would be happy for me and I am very grateful that her Foundation gave me a chance to celebrate my accomplishments as a happy warrior against disease.

A big thank you to Kent Wellington and all of those who volunteer and donate to KWF for making our journey possible. Special thanks to the home donors for sharing your gorgeous home as if we were family.” Sarah—Recipient of KWF in 2016

