

# Tell Every Amazing Lady® 2023 Annual Report



Louisa M. McGregor  
Ovarian Cancer Foundation  
[TellEveryAmazingLady.org](https://TellEveryAmazingLady.org)

# T.E.A.L.® ANNUAL REPORT SUMMARY

## MISSION

Our mission is to offer women's health and wellness services, including public awareness and education of the signs, symptoms and risk factors of ovarian cancer, provide support to those impacted by the disease and raise funds for research in order to find a screening test and a cure.

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## SOME 2023 ACHIEVEMENTS TO HIGHLIGHT

- In 2023 we brought back the The Brooklyn T.E.A.L.® Walk/Run™ Celebration! This is T.E.A.L.®'s premiere event from which the foundation owes its inception in 2009. In 2021 and 2022 the event was put on hold due to Covid-19 and limited resources. However, this year we were thrilled to bring it back!
- Each September, we partner with local businesses and organizations to turn buildings and monuments teal. In 2023 we lit up two additional buildings for the first time! These were the Bronx County Courthouse and the Municipal Building.



ABOUT OVARIAN CANCER   
TellEveryAmazingLady.org



# About Tell Every Amazing Lady®

Tell Every Amazing Lady®, also known as T.E.A.L.®, is a national nonprofit foundation elevating women's health awareness and wellness through ovarian cancer resources and beyond. Tell Every Amazing Lady® is thrilled to announce that we have enhanced our programming to meet a demand for tools that support women's overall health with a four-pillar approach: Awareness, Survivor, Medical, and now Wellness.

## Some Historical Key Achievements

- The T.E.A.L.® Community Center in Park Slope, Brooklyn is the **only ovarian cancer community center in the United States**.
- Since 2009, **T.E.A.L.® has raised millions** (and counting!) to benefit groundbreaking ovarian cancer research and awareness programs with the help of our loyal donors, staff, and amazing volunteers.
- Tell Every Amazing Lady® has funded research at **prestigious institutions**, reached millions in raising awareness, and supported thousands of *amazing ladies* and their families in the fight against ovarian cancer.
- T.E.A.L.®'s premiere event, the **T.E.A.L.® Walk/Run™ program**, was established in 2009 and is held around the country both virtually and in person in a show of unity against ovarian cancer.
- Every year we expand our September Awareness Campaign during National Ovarian Cancer Awareness Month. T.E.A.L.® partners with businesses and organizations to turn buildings and monuments teal, including **New York City Hall**.
- We've been honored to ring the NASDAQ opening bell as well as the New York Stock Exchange opening and closing bells to **spread global reach**.
- Our CEO, Pamela Esposito-Amery, has appeared on many television shows, including **The Dr. Oz Show**, to raise awareness about the risk factors of ovarian cancer.
- T.E.A.L.® has cultivated major awareness collaborations; for example, in 2012, **Citi Field and the New York Mets** partnered with T.E.A.L.® to establish the Annual Ovarian Cancer Awareness Night at Citi Field.



## OUR PILLARS

Education & Awareness

Survivor & Patient Support

Medical Research

Women's Wellness



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## Tell Every Amazing Lady® Services

**T.E.A.L.® has free resources for the general public, survivors, their families, and caregivers!**

### **For General Public:**

- T.E.A.L.® Workshops and Events
- Genetic Counseling & Genetic Testing Resources
- Wellness, Diet, & Nutrition Resources
- Women's Health Resources
- T.E.A.L.® Youth Ambassador Program
- Digital tools
- And more!

### **For Patients and Survivors:**

- T.E.A.L.® Workshops and Events
- T.E.A.L.® Amazing Lady Membership Program
- Clinical Trials
- Share Your Story Opportunities
- Connect with Other Survivors
- Genetic Counseling & Genetic Testing Resources
- Fertility Support

- Guidance & Support
- Home Care Support Resources
- Wellness, Diet, & Nutrition Resources
- Beauty Support
- Financial Support
- Other Partner Resources
- Digital tools
- And more!

### **For Loved Ones and Caregivers:**

- T.E.A.L.® Workshops and Events
- Genetic Counseling & Genetic Testing Resources
- Guidance & Support
- Home Care Support Resources
- Wellness, Diet, & Nutrition Resources
- Other Partner Resources
- Digital tools
- And more!

## OUR MISSION

We offer women's health and wellness services, including public awareness and education of the signs, symptoms and risk factors of ovarian cancer, providing support to those impacted by the disease, and raising funds for research in order to find a screening test and a cure.



## Unique Tell Every Amazing Lady® Programs:

**T.E.A.L.® Amazing Lady Membership Program:** a free, tailored support service specifically for ovarian cancer patients and survivors, designed to respond to each woman's needs related to her battle, as well as her personal interests.

**Genetic Counseling and Genetic Testing:** Provide education and awareness on genetic counseling and testing

**Clinical Trials:** Free, unbiased, confidential, personalized service helps patients understand which ovarian clinical trials may be an option for them.

**Languages/Awareness:** T.E.A.L.® Awareness Cards, offered in multiple languages to help educate the public

**Ways to Get Involved:** We have volunteering, community service, and internship opportunities as well as our Youth Ambassador Program provides a hands-on, learning experience for youth who wish to directly impact their community.

**T.E.A.L.® Workshops:** Free workshops held in person or virtually offering education, art therapy, support and wellness

**Digital + In-Person Community Building Events:** Educates the public about ovarian cancer and healthy living as a means of prevention.

**Digital tools:** Streaming educational programming to raise awareness about women's health, and videos specifically aimed at patients and survivors to provide resources and support.



# Tell Every Amazing Lady®'s Financials

[TellEveryAmazingLady.org/financials](https://TellEveryAmazingLady.org/financials)

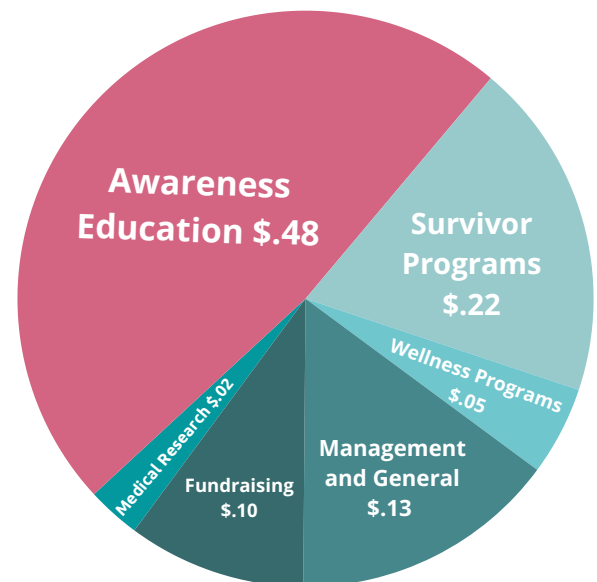
## Financial Stewardship

- Since 2011, nonprofit rating website Candid's Guidestar has given Tell Every Amazing Lady® an average rating of 5 out of **5 stars and a Platinum Rating**.
- Great Non-Profits an independent evaluator of non-profits, deemed T.E.A.L.® as Top Rated by for 12 consecutive years from 2011-2023.
- Since 2015, Tell Every Amazing Lady® has been awarded the BBB Accredited Charity Seal by Better Business Bureau.
- Charity Navigator has awarded T.E.A.L.® with Four Star status in 2023.
- Tell Every Amazing Lady® received a seal from Good Deed Seats for being one of the top 49 **most innovative national organizations** for giving back in 2016.



## Financial Statements

- Tell Every Amazing Lady® is a 501(c)3 not-for-profit organization committed to transparency of its financial operations.
- Our financial documents are public and available for viewing on our website:  
[TellEveryAmazingLady.org/financials](https://TellEveryAmazingLady.org/financials)
  - 990s
  - Annual Reports
  - Audit reports and financial statements



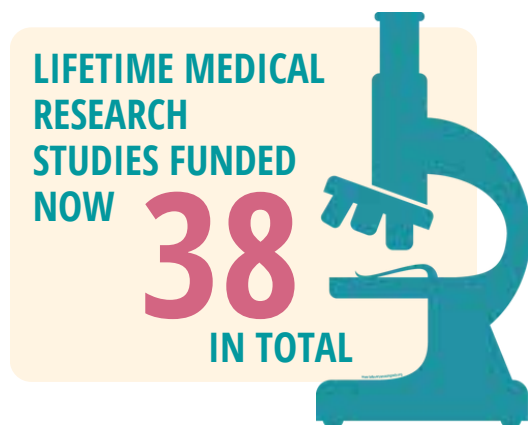
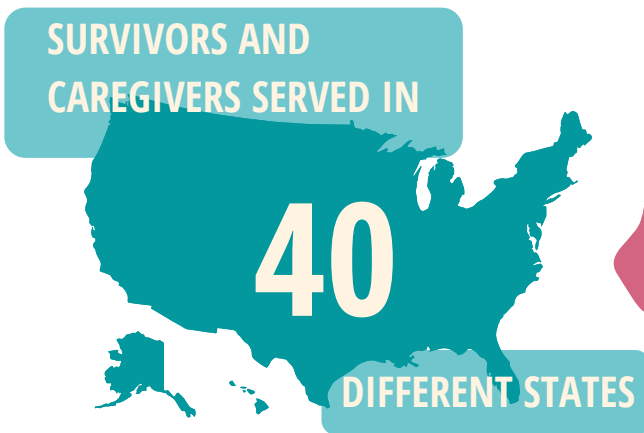
## Financial Reach

- View Tell Every Amazing Lady®'s reach both nationally and globally at  
[TellEveryAmazingLady.org/reach](https://TellEveryAmazingLady.org/reach)



Tell Every Amazing Lady About Ovarian Cancer Louisa M. McGregor Ovarian Cancer Foundation also known as T.E.A.L.®  
T.E.A.L.® Community Center 533 16th Street, Brooklyn, N.Y. 11215 • [contact@tealwalk.org](mailto:contact@tealwalk.org)  
[TellEveryAmazingLady.org](https://TellEveryAmazingLady.org) • 917-310-4835 • [TEALWalk.org](https://TEALWalk.org) • Not-For-Profit 501(c)3 Charitable Organization

# SOME OF TELL EVERY AMAZING LADY®'S IMPACT IN 2023



IN 2023, T.E.A.L.® SERVED



# T.E.A.L.® MEDICAL RESEARCH PROGRAM BENEFICIARIES

**2009**

OCRF - University of  
Texas MD Anderson  
Cancer Center   
**\$50,000**

**2010**

OCRF - University of  
Pennsylvania School of  
Medicine   
**\$55,000**

**2011**

OCRF - Stanford  
University School of  
Medicine   
**\$75,000**

**2012**

OCRF - Johns Hopkins  
University School of  
Medicine   
**\$55,000**  
University of Washington   
**\$20,000**

**2013**

Johns Hopkins  
University School  
of Medicine   
**\$25,000**

OCRF - Dana Farber  
Cancer Institute   
**\$25,000**

University of Washington   
**\$20,000**


**2014**

Massachusetts  
General Hospital   
**\$30,000**

Memorial Sloan  
Kettering Cancer  
Center   
**\$20,000**

University of Pennsylvania  
School of Veterinary  
Medicine   
**\$5,000**

OCRF - Weill Medical College  
of Cornell University   
**\$30,000**

Ovarian Cancer National  
Alliance (OCNA) SU2C  
Dream Team   
**\$5,000**

**2015**

Icahn School of  
Medicine at Mount Sinai   
**\$30,000**

University of Illinois  
Chicago   
**\$20,000**

OCRF - University of  
Pennsylvania   
**\$20,000**

Yeshiva  
University   
**\$10,000**

**2016**

University of  
Kansas Cancer  
Center   
**\$32,500**

University of Illinois  
Chicago   
**\$20,000**

Ovarian Cancer Institute  
Laboratory at Georgia  
Institute of Technology   
**\$10,000**

OCRFA - University of  
Pennsylvania   
**\$7,500**

**2017**

University of Illinois  
at Chicago   
**\$35,000**

OCRFA - Stanford  
University   
**\$20,000**

Johns Hopkins  
University School  
of Medicine   
**\$10,000**

**2018**

Ovarian Cancer  
Institute   
**\$25,000**

Memorial Sloan  
Kettering Cancer Center   
**\$9,350**

Fred Hutchinson Cancer  
Center as a Collaborative  
Partner in Science for OCRA   
**\$5,000**

**2022**

University of Illinois  
at Chicago   
**\$10,000**

**2023**

University of Illinois  
at Chicago   
**\$10,000**

**2019**

University of Notre  
Dame   
**\$25,000**

Cedars Sinai  
Medical Center   
**\$14,000**

Cedars Sinai  
Medical Center   
**\$5,000**

Collaborative Partner  
in Science for OCRA   
**\$5,000**

**2020**

Johns Hopkins  
University School  
of Medicine   
**\$25,000**

OCRA - Thomas  
Jefferson University   
**\$4,000**

**2021**

University of Texas  
Health San  
Antonio   
**\$14,000**

Collaborative Partner  
in Science for OCRA   
**\$1,500**

**2021**

Collaborative Partner in  
Science for OCRA   
**\$1,200**

## LIFETIME

**38**

medical research studies funded

**\$784,050**

raised for medical  
research studies

Tell Every Amazing Lady®  
About Ovarian Cancer



Louisa M. McGregor  
Ovarian Cancer Foundation  
TellEveryAmazingLady.org

**TELL EVERY AMAZING LADY ABOUT OVARIAN CANCER**  
**LOUISA M. MCGREGOR OVARIAN CANCER FOUNDATION T.E.A.L. ®**  
**STATEMENTS OF FINANCIAL POSITION**  
**DECEMBER 31, 2023 AND 2022**

	<u>2023</u>	<u>2022</u>
<b>ASSETS</b>		
<b>CURRENT ASSETS</b>		
Cash and Cash Equivalents	\$ 521,325	\$ 318,697
Grant Receivable	89,235	87,818
Inventory	-	3,962
Prepaid Expenses	28,454	25,633
Total Current Assets	<u>639,014</u>	<u>436,110</u>
<b>NONCURRENT ASSETS</b>		
Trademarks	16,000	16,001
Operating Right-of-Use Asset	66,204	19,238
Total Noncurrent Assets	<u>82,204</u>	<u>35,239</u>
Total Assets	<u><u>\$ 721,218</u></u>	<u><u>\$ 471,349</u></u>
<b>LIABILITIES AND NET ASSETS</b>		
<b>CURRENT LIABILITIES</b>		
Accounts Payable and Accrued Expenses	\$ 23,418	\$ 10,700
<b>NONCURRENT LIABILITIES</b>		
Operating Right-of-Use Liability	<u>67,780</u>	<u>19,606</u>
Total Liabilities	<u><u>91,198</u></u>	<u><u>30,306</u></u>
<b>COMMITMENTS AND CONTINGENCIES</b>		
<b>NET ASSETS</b>		
Without Donor Restrictions	626,020	439,543
With Donor Restrictions	4,000	1,500
Total Net Assets	<u>630,020</u>	<u>441,043</u>
Total Liabilities and Net Assets	<u><u>\$ 721,218</u></u>	<u><u>\$ 471,349</u></u>

See accompanying Notes to Financial Statements.



**TELL EVERY AMAZING LADY ABOUT OVARIAN CANCER**  
**LOUISA M. MCGREGOR OVARIAN CANCER FOUNDATION T.E.A.L. ®**  
**STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS**  
**YEAR ENDED DECEMBER 31, 2023**

	Without Donor Restrictions	With Donor Restrictions	Total
<b>SUPPORT AND REVENUE</b>			
Support:			
Public Contributions	\$ 359,978	\$ 41,129	\$ 401,107
Special Events	179,626	-	179,626
Government Contributions	174,469	-	174,469
Donated Materials and Services	65,948	-	65,948
Net Assets Released from Restrictions	38,629	(38,629)	-
Total Support	818,650	2,500	821,150
Revenue:			
Interest and Dividend Income	185	-	185
Net Sales	952	-	952
Less: Cost of Goods Sold	(3,961)	-	(3,961)
Total Revenue	(2,824)	-	(2,824)
Total Support and Revenue	815,826	2,500	818,326
<b>EXPENSES</b>			
Program Services:			
Research	14,290	-	14,290
Awareness Education	301,625	-	301,625
Survivor	137,177	-	137,177
Wellness	31,202	-	31,202
Total Program Services	484,294	-	484,294
Supporting Services:			
Management and General	80,786	-	80,786
Fundraising	64,269	-	64,269
Total Supporting Services	145,055	-	145,055
Total Expenses	629,349	-	629,349
<b>CHANGES IN NET ASSETS</b>	186,477	2,500	188,977
Net Assets - Beginning of year	439,543	1,500	441,043
<b>NET ASSETS - END OF YEAR</b>	<u>\$ 626,020</u>	<u>\$ 4,000</u>	<u>\$ 630,020</u>

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**LOUISA M. MCGREGOR OVARIAN CANCER FOUNDATION T.E.A.L. ®**  
**STATEMENT OF ACTIVITIES AND CHANGES IN NET ASSETS**  
**YEAR ENDED DECEMBER 31, 2022**

	Without Donor Restrictions	With Donor Restrictions	Total
<b>SUPPORT AND REVENUE</b>			
Support:			
Public Contributions	\$ 193,456	\$ 13,096	\$ 206,552
Special Events	93,266	-	93,266
Government Contributions	138,594	-	138,594
Donated Materials and Services	36,103	-	36,103
Net Assets Released from Restrictions	54,905	(54,905)	-
Total Support	516,324	(41,809)	474,515
Revenue:			
Interest and Dividend Income	145	-	145
Net Sales	1,904	-	1,904
Less: Cost of Goods Sold	(2,040)	-	(2,040)
Total Revenue	9	-	9
Total Support and Revenue	516,333	(41,809)	474,524
<b>EXPENSES</b>			
Program Services:			
Research	15,631	-	15,631
Awareness Education	263,017	-	263,017
Survivor	109,099	-	109,099
Wellness	25,290	-	25,290
Total Program Services	413,037	-	413,037
Supporting Services:			
Management and General	80,191	-	80,191
Fundraising	52,294	-	52,294
Total Supporting Services	132,485	-	132,485
Total Expenses	545,522	-	545,522
<b>CHANGES IN NET ASSETS</b>	(29,189)	(41,809)	(70,998)
Net Assets - Beginning of year	468,732	43,309	512,041
<b>NET ASSETS - END OF YEAR</b>	<u>\$ 439,543</u>	<u>\$ 1,500</u>	<u>\$ 441,043</u>

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**TELL EVERY AMAZING LADY ABOUT OVARIAN CANCER**  
**LOUISA M. MCGREGOR OVARIAN CANCER FOUNDATION T.E.A.L. ®**  
**STATEMENT OF FUNCTIONAL EXPENSES**  
**YEAR ENDED DECEMBER 31, 2023**

	Program Services					Supporting Services			Total
	Research	Awareness Education	Survivor	Wellness	Total	Management and General	Fundraising	Total	Expenses
Salaries	\$ 1,028	\$ 168,107	\$ 35,641	\$ 16,807	\$ 221,583	\$ 14,433	\$ 44,410	\$ 58,843	\$ 280,426
Payroll Taxes	82	13,333	2,827	1,333	17,575	1,228	3,522	4,750	22,325
Benefits	12	1,901	403	190	2,506	163	502	665	3,171
Total Salaries and Related Expenses	1,122	183,341	38,871	18,330	241,664	15,824	48,434	64,258	305,922
Research Grants:									
Grants Awarded	11,200	-	1,000	-	12,200	-	-	-	12,200
Occupancy:									
Rent	926	20,628	20,903	2,705	45,162	7,896	2,742	10,638	55,800
Property and Casualty Insurance	176	3,703	3,100	441	7,420	8,055	635	8,690	16,110
Telephone	-	1,454	1,292	162	2,908	162	162	324	3,232
Licenses, Fees, and Dues	1	11,166	1,631	2,426	15,224	(928)	3,356	2,428	17,652
Professional Fees:					-			-	-
Legal and Accounting	-	2,151	-	-	2,151	22,010	-	22,010	24,161
Outside Services	-	6,193	2,340	181	8,714	19,849	1,783	21,632	30,346
Administration:					-			-	-
Mailing, Printing, and Postage	23	7,895	2,942	165	11,025	349	747	1,096	12,121
Office and Miscellaneous	836	56,566	63,781	6,277	127,460	7,063	5,763	12,826	140,286
Equipment Rental	-	3,980	545	476	5,001	-	451	451	5,452
Bank Charges	-	-	-	-	-	506	-	506	506
Travel	6	727	116	36	885	-	32	32	917
Advertising and Public Relations	-	3,821	656	3	4,480	-	164	164	4,644
Total Expenses	\$ 14,290	\$ 301,625	\$ 137,177	\$ 31,202	\$ 484,294	\$ 80,786	\$ 64,269	\$ 145,055	\$ 629,349

See accompanying Notes to Financial Statements.

**TELL EVERY AMAZING LADY ABOUT OVARIAN CANCER**  
**LOUISA M. MCGREGOR OVARIAN CANCER FOUNDATION T.E.A.L. ®**  
**STATEMENT OF FUNCTIONAL EXPENSES**  
**YEAR ENDED DECEMBER 31, 2022**

	Program Services					Supporting Services			Total
	Research	Awareness Education	Survivor	Wellness	Total	Management and General	Fundraising	Total	Expenses
Salaries	\$ 513	\$ 162,207	\$ 41,615	\$ 9,166	\$ 213,501	\$ 10,545	\$ 30,678	\$ 41,223	\$ 254,724
Payroll Taxes	39	12,401	3,182	701	16,323	806	2,345	3,151	19,474
Benefits	8	2,442	627	138	3,215	159	462	621	3,836
Total Salaries and Related Expenses	560	177,050	45,424	10,005	233,039	11,510	33,485	44,995	278,034
Research Grants:									
Grants Awarded	11,000	-	1,000	-	12,000	-	-	-	12,000
Occupancy:									
Rent	883	19,636	20,266	2,551	43,336	6,382	2,638	9,020	52,356
Property and Casualty Insurance	176	3,110	3,123	441	6,850	10,351	567	10,918	17,768
Telephone	-	1,027	913	114	2,054	114	114	228	2,282
Licenses, Fees, and Dues	270	7,302	795	474	8,841	154	5,850	6,004	14,845
Professional Fees:									
Legal and Accounting	-	2,058	145	-	2,203	23,658	-	23,658	25,861
Outside Services	1,930	11,150	8,407	3,021	24,508	21,510	3,919	25,429	49,937
Administration:									
Mailing, Printing, and Postage	63	4,157	2,912	138	7,270	539	1,050	1,589	8,859
Office and Miscellaneous	667	33,385	25,492	8,409	67,953	4,988	4,119	9,107	77,060
Equipment Rental	76	1,899	177	127	2,279	-	253	253	2,532
Bank Charges	-	-	-	-	-	674	-	674	674
Travel	-	457	-	-	457	200	4	204	661
Advertising and Public Relations	-	1,519	200	10	1,729	-	184	184	1,913
Depreciation	6	267	245	-	518	111	111	222	740
Total Expenses	\$ 15,631	\$ 263,017	\$ 109,099	\$ 25,290	\$ 413,037	\$ 80,191	\$ 52,294	\$ 132,485	\$ 545,522

See accompanying Notes to Financial Statements.



## 2023 T.E.A.L.® Events/Activities

### January 2023

- **Being the Spiritual DJ of Your Life Workshop (1/3/2023)**
  - Tell Every Amazing Lady® hosted a Sound Therapy workshop on January 1st, 2023. The workshop title Being the Spiritual DJ of Your Life was moderated by High Priestess Saviii Anxelina and sound therapist and the creator of Free Voice Yoga, where musical meditation meets talk therapy and yoga movements.
- **Energy Healing and Meditation-Virtual Series (1/4/2023)**
- **Energy Healing and Meditation-Virtual Series (1/11/2023)**
- **Educación sobre el cáncer de cuello uterino (1/18/2023)**
  - Tell Every Amazing Lady® collaborated with Woman to Woman, The Lewin Fund, LatinaShare, Latina SHARE, and The Red Door to host a national workshop over zoom on January 18th, 2023. Sabrina Oliveros, a health educator with the Hope and Life program at Mount Sinai Hospital, delivered a comprehensive presentation on cancer and cervical cancer. Her talk covered the fundamentals of cancer, provided detailed information about cervical cancer—including its stages, risks, and symptoms—and discussed the importance of the HPV vaccine and Pap tests. She also highlighted available clinical trials and screening clinics. The primary goal of her presentation was to empower the community with knowledge, enabling them to advocate for their own health and share valuable screening resources with others. This event was fully in Spanish.
- **Energy Healing and Meditation-Virtual Series (1/18/2023)**
- **Brooklyn Prospect High School Career Fair (1/19/2023)**
  - Tell Every Amazing Lady® took part in Brooklyn Prospect High School's two-day career fair on January 19th, 2023 and January 20th, 2023. A representative from T.E.A.L.® had the opportunity to connect with students in their junior and senior year of high school to discuss the work that T.E.A.L.® does as well as provide insight into what a career in nonprofit work looks like. T.E.A.L.® enjoyed being able to talk about our mission with the students. We are looking forward to potentially hosting interns from Brooklyn Prospect High School later this school year!
- **Brooklyn Prospect High School Career Fair (1/20/2023)**
- **Navigating a Gynecological Cancer Diagnosis (1/24/2023)**
- **United Airlines NYC Half Runner Meetup (1/28/2023)**
  - On January 28, 2023, the staff of Tell Every Amazing Lady® organized the annual Marathon Meetup for all participants who would be representing T.E.A.L.® in the 2024 United Airlines Half Marathon, scheduled for March 19, 2023. This gathering marked the inaugural virtual assembly of runners and Tell Every Amazing Lady® staff, where they discussed the significance of running for Team Tell Every Amazing Lady®. During the meetup, T.E.A.L.® staff provided education on the signs and symptoms of ovarian cancer and expressed gratitude

towards runners' dedication to support Tell Every Amazing Lady® through their participation.

## **February 2023**

- **Energy Healing and Meditation-Virtual Series (2/1/2023)**
- **Energy Healing and Meditation-Virtual Series (2/8/2023)**
- **CB14's Annual Nonprofit Roundtable (2/9/2023)**
  - T.E.A.L.® had the privilege of attending CB14's 11th Annual Nonprofit Roundtable at East Midwood Jewish Center in Brooklyn on February 9th, 2023. This event was a great opportunity for T.E.A.L.® to build connections with other local non profit organizations. T.E.A.L.®'s community program manager had the opportunity to speak on behalf of T.E.A.L.®'s programs and accomplishments.
- **Kendra Scott Shop for Good Shop and Sip Event (2/10/2023)**
  - Kendra Scott's SoHo, Manhattan location hosted a Shop and Sip event benefiting T.E.A.L.® on February 10th, 2023. Representatives and volunteers from T.E.A.L.® attended the event and handed out fliers and awareness cards in the streets of SoHo. Those who shopped at Kendra Scott Soho during the event left with valuable awareness of the signs and symptoms of ovarian cancer. A portion of the sales from the day went to the benefit of T.E.A.L.® with a total of \$593 being donated to the organization.
- **Healthy Women- National Action Plan Coalition Meeting (2/14/2023)**
  - Our CEO, Pamela is part of the Healthy Women- National Action Plan which sheds light on the unique needs and challenges and opportunities women face as they age. Check out this press release announcing this initiative to find solutions to address unique challenges and needs facing midlife women's health.
- **Kean genetic counseling presentation (2/15/2023)**
  - Tell Every Amazing Lady Hosted Kean University Genetic Counseling Graduate Students for a virtual presentation about ovarian cancer diagnosis and risk factors, as well as support and resources available through T.E.A.L.® on February 15th, 2023. The students also had the chance to learn about the many ways to get involved with T.E.A.L.®. Students who were interested in T.E.A.L.®'s mission will have the opportunity to intern with us this upcoming summer.
- **Energy Healing and Meditation-Virtual Series (2/15/2023)**
- **National Black Leadership Commission on Health:Health Hub (2/15/2023)**
  - Every Tuesday and Thursday the National Black Leadership Coalition on Health hosts a Health Hub at Saint Philips Church in Harlem, NY. On February 16th, 2023 T.E.A.L.® attended the health hub to deliver education and awareness on the signs and symptoms of ovarian cancer. Representatives from T.E.A.L.® had the opportunity to speak with the locals in the neighborhood on the resources that T.E.A.L.® offers. We are looking forward to attending the Health Hub again in March!
- **2023 Annual Midwinter Lions Convention (2/18/2023)**
  - On Saturday February 18th, 2023 T.E.A.L.® attended the 2023 Annual Midwinter 20K1 Lions Convention at Xaverian High School in Bay Ridge, Brooklyn.

Representatives from T.E.A.L.® saw some familiar faces at the event as well as had the opportunity to connect with many new members of the 20K1 Lions Clubs around NYC. Those who attended learned about our upcoming events and programs. As well as left with education and awareness on the signs and symptoms of ovarian cancer.

- **Energy Healing and Meditation-Virtual Series (2/22/2023)**
- **Purposefully Pretty Volunteering Event (2/25/2023)**
  - On February 25th, 2023 Volunteers from Purposefully Pretty Inc. offered their services at the T.E.A.L.® Community Center in Brooklyn. PurposefullyPretty Inc. is a non-for-profit organization seeking to reach out to, teach and inspire young women of color between the ages of 11-19, to identify and pursue their purpose. The volunteers helped with prepping our survivor program inventory for our next generation of survivor kits. It was so great having the opportunity to work with these young women again as well as provide them with valuable education on the signs and symptoms of ovarian cancer.

## **March 2023**

- **Energy Healing and Meditation-Virtual Series (3/1/2023)**
- **Pratt Career Fair (3/3/2023)**
  - It was great to be back in person on campus at the Pratt Institute Spring Career Fair in Fort Greene, Brooklyn on March 3rd, 2023. Tell Every Amazing Lady® 's booth allowed us to connect and engage with students and faculty to highlight women's health awareness as well as opportunities available at the foundation.
- **Energy Healing and Meditation-Virtual Series (3/8/2023)**
- **Healthy Woman NYP Coalition Meeting (3/15/2023)**
  - On March 16th, 2023 T.E.A.L.® was featured in NYU's Wasserman Blog in a post entitled A look inside a women's health nonprofit during Women's History Month. The post discusses the work T.E.A.L.® does year round to improve health outcomes of women all over the United States. The blog post also describes what it is like working for a women's health non profit as well as helpful tips for those who are considering a career in non profit work. You can read the whole blog post at <https://nyuwassermanblog.com/2023/03/16/a-look-inside-a-womens-health-nonprofit-during-womens-history-month/>
- **Energy Healing and Meditation-Virtual Series (3/15/2023)**
- **Team Tell Every Amazing Lady® Has Meetup At United Airlines NYC Half Marathon Expo (3/18/2023)**
  - Members of team Tell Every Amazing Lady® attended the United Airlines NYC Half Marathon Expo Experience presented by New Balance on March 18th, 2023 at Center 415 in Manhattan, NYC. This was a fun way for participants to pick up their bibs, get last minute tips and take team photos.
- **National Black Leadership Coalition on Health: What About My Body and Mind (3/18/2023)**

- On Saturday March 18th, 2023 T.E.A.L.®'s Community Program Manager–Kyrsten, sat on a panel of women's health professionals at Saint Phillips Church in Harlem NY to discuss issues surrounding women's health. The event which was titled “What About My Body and Mind” was organized by The National Black Leadership Coalition on Health. During the panel Kyrsten spoke about the signs, symptoms and risk factors of ovarian cancer. Kyrsten also provided valuable education on genetics and the role genetic testing plays in early detection of ovarian cancer.
- **2023 United Airlines NYC Half (3/19/2023)**
  - Team Tell Every Amazing Lady® was thrilled to cheer on our charity runners as they ran the 13.1-mile 2023 United Airlines New York City Half Marathon on March 19th, 2023. Staff and supporters spotted the runners in Grand Army Plaza, Brooklyn, where we spread ovarian cancer awareness with handheld signs and teal pom poms. This year's team was one of our largest with 17 runners. Our amazing charity runners collectively raised over \$100,000 in the fight against ovarian cancer.
- **High School for Health Professions & Human Services Class presentation (3/21/2023)**
  - On March 21st, 2023 T.E.A.L.® staff presented to high school students at The Highschool for Health Professions and Human Services in Manhattan, NY. During the presentations staff had the opportunity to educate the students on the signs, symptoms and risk factors for ovarian cancer as well as educating them on the importance of understanding their family history and genetics as it pertains to ovarian, breast, and colon cancer. The students also learned about the vast opportunities to get involved with T.E.A.L.® through volunteering, internships, and our T.E.A.L.® Youth Ambassador Program.
- **Energy Healing and Meditation-Virtual Series (3/22/2023)**
- **United Airlines NYC Half Marathon Runner from Team Tell Every Amazing Lady® featured in Nassau Illustrated (3/22/2023)**
  - Henry Mulholland, a runner on Team Tell Every Amazing Lady® in the 2023 United Airlines NYC Half, was featured in the March 22nd, 2023 edition of the Nassau Illustrated. The Long Island-based newspaper highlighted Henry's fundraising journey in honor of his mother, Mary Pat, who lost her battle with ovarian cancer. Henry raised over \$60,000 for Tell Every Amazing Lady®.
- **National Black Leadership Coalition on Health, Health Hub (3/23/2023)**
  - On March 23rd, 2023 representatives from T.E.A.L.® attended The National Black Leadership Coalition on Health: Health Hub for a second time. The representatives gave out awareness and educational materials to those who attended. The Health Hub takes place every Tuesday and Thursday at Saint Phillips Church in Harlem NY.
- **NYU Public health career expo (3/24/2023)**
  - On March 24, 2023, T.E.A.L.® staff participated in the Spring 2023 NYU Global Public Health Virtual Career Expo. They engaged with NYU undergraduate and graduate students studying Global Public Health, aiming to meet potential new



volunteers and interns. This event also served as an opportunity to educate future public health leaders about ovarian cancer's signs, symptoms, and risk factors. T.E.A.L.® staff conducted group Q&A sessions and offered one-on-one meetings to discuss individual goals and provide insights into their organization.

- **Metropolis Lions Presentation (3/26/2023)**
  - Tell Every Amazing Lady® 's CEO Pamela Esposito-Amery was the guest speaker at the 20K1 Metropolis Lion Club's March 26th, 2023, board meeting which was attended by over 20 members at Brookdale Hospital in Brooklyn, NY. Topics discussed included signs, symptoms, and risk factors of ovarian cancer, ways to get involved in the work we do, upcoming events, and family genetics.
- **Social Impact Careers Event (3/28/2023)**
  - Our very own Pamela Esposito-Amery was a panelist at the Careers in Social Impact Panel and Networking Night at NYU Wasserman Center. The in-person event was well attended by undergraduate and graduate students seeking career development opportunities. Each panelist had the opportunity to share their story and more about their company. Students learned more about our programs and opportunities on how to get involved.
- **Energy Healing and Meditation-Virtual Series (3/29/2023)**

## **April 2023**

- **Thrive Gym Awareness Event (4/1/2023)**
  - On April 1st, 2023 Thrive Crossfit in Staten Island NY hosted T.E.A.L.® for a day of workout and awareness. Members of the gym took part in the 'Teal Warrior' partner exercise. And Representatives from T.E.A.L.® had the opportunity to speak to the members about the signs, symptoms and risk factors of ovarian cancer. The representatives also had the opportunity to discuss the importance of genetic testing in reducing your risk. Lastly the members got to learn about T.E.A.L.®'s free weekly Energy Healing and Meditation Workshop and how they can attend weekly on Wednesdays from 9am-9:30am EST.
- **CB14 Annual Youth Conference (4/3/2023)**
  - On April 3rd ,2023 representatives from T.E.A.L.® attended the CB 14 Annual Youth Conference at Brooklyn College; in Brooklyn, NY. During this event T.E.A.L.® had the opportunity to connect with Brooklyn youth and their families on the many ways to get involved with T.E.A.L.® through, internships, volunteering, the T.E.A.L.® Youth Ambassador Program. T.E.A.L.® was also able to inform the community about the many free resources available to them such as our many workshops we hold throughout the year like our weekly Energy Healing and Meditation Workshop. This was a great opportunity to inform the community about T.E.A.L.®'s programs as well as educate on the signs, symptoms, and risk factors of ovarian cancer.
- **Energy Healing and Meditation-Virtual Series (4/5/2023)**
- **Energy Healing and Meditation-Virtual Series (4/12/2023)**
- **Red Door Society Annual Oncology Networking Conference (4/14/2023)**

- On April 14th, 2023 Tell Every Amazing Lady® took part in the Annual Oncology Networking conference virtually; through zoom. This event was hosted by The Red Door Society; a great organization that T.E.A.L.® has had the pleasure of collaborating with in the past. T.E.A.L.®'s CEO and Co-Founder Pamela Esposito Amery had the opportunity to present T.E.A.L.®'s resources and programs to the group of representatives from various healthcare institutions. This was a great opportunity to learn about the various resources available to ovarian cancer patients and survivors.
- **6th Annual Public Health Career Fair at Mount Sinai (4/19/2023)**
  - Tell Every Amazing Lady® joined Mount Sinai's 6th Annuals Public Health Virtual Career Fair on April 19th, 2023 to connect with students interested in learning about ovarian cancer and non-profits. Public Health students were able to connect with our staff one-on-one over video to learn about how to get involved with Tell Every Amazing Lady® and how they could be instrumental in helping promote our mission. An awareness presentation about our programs was part of the online program.
- **Energy Healing and Meditation-Virtual Series (4/19/2023)**
- **Women to Women Crochet Survivor Social Workshop (4/20/2023)**
- **Thrive Better than Beauty Launch Event (4/24/2023)**
  - Tell Every Amazing Lady® has been a long term partner with Thrive Causemetics. T.E.A.L.®, one of the first NYC Giving Partners with Thrive, was honored to have our CEO and Co-Founder, Pamela Esposito-Amery, attend the launch event of their new skincare line Bigger Than Beauty. One of Thrive's missions is to uplift and empower people battling cancer through the power of cosmetics. Their support and donations to T.E.A.L.® in the past have allowed us to do just that! Featured here: Thrive founder Karissa Bodner and Tell Every Amazing Lady® Co-Founder Pamela Esposito-Amery.
- **NYU Tabling Information Session (4/25/2023)**
  - On April 25th, 2023 representatives from T.E.A.L.® had an informative tabling session on New York Universities Campus in Manhattan in the school's Palladium Building. T.E.A.L.® was able to spread awareness on the signs and symptoms of Ovarian Cancer to students and faculty. T.E.A.L.® also used this opportunity to launch their community needs assessment with the goal of enhancing women's health services and their accessibility. Students walked away from the event with lifesaving education as well information on the various ways to get involved with T.E.A.L.®.
- **Energy Healing and Meditation-Virtual Series (4/26/2023)**
- **Navigating a Gynecologic Cancer Diagnosis workshop (4/26/2023)**
- **T.E.A.L.® Representatives Attended RMA's Egg Freezing & Preservation Event (4/26/2023)**
  - On April 26, 2023, T.E.A.L.® representatives attended RMA's Egg Freezing & Preservation Event at their Brooklyn location. This event featured a panel discussion with reproductive endocrinologists, embryologists, and care advocates, speaking about the preservation process, access to preservation

technologies, and the future of reproductive medicine. RMA offers services to help support and guide people to their family-building goals.

- **Brooklyn College Health and Wellness Fair (4/27/2023)**
  - On April 27th 2023 T.E.A.L.® took part in Brooklyn College's Health and Wellness Festival. The Festival took place on the college's West Quad in Brooklyn, NY. Representatives from T.E.A.L.® connected with students and faculty to discuss the signs and symptoms of ovarian cancer. It was great to be back on Brooklyn College's campus!
- **Healthy Living with Kitchen Medicine Nutrition Workshop (4/28/2023)**
  - The Covid-19 Pandemic hit T.E.A.L.® hard causing us to pause a lot of our programs. Prior to the pandemic the T.E.A.L.® Community Center was a place open to the public to come learn about ovarian cancer. It was a resource to the community as well as ovarian cancer patients and survivors. During the pandemic we had to pause all in-person activities at the T.E.A.L.® Community Center in Brooklyn, NY. On Friday April 28th, 2023, we were ecstatic to host one of our first in-person educational public workshop in over two years! The workshop entitled Healthy Living with Kitchen Medicine was hosted by the amazing Carolyn Jones, a Holistic Health Practitioner and Bereavement Chaplain. Those who attended the workshop learned about the signs and symptoms of ovarian cancer, as well as the health benefits of 12 different herbs and spices. It was a great event full of health and wellness. We are looking forward to hosting more in person workshops at the T.E.A.L.® Community Center.
- **Daughters of T.E.A.L.® Workshop (4/29/2023)**

## **May 2023**

- **T.E.A.L.® Attends Maimonides Hospital Bay Ridge Emergency Department Ribbon Cutting (5/5/2023)**
  - On May 5th, 2023, T.E.A.L.®'s CEO and Community Programs Manager were invited to attend the Maimonides Health Bay Ridge Emergency Department ribbon cutting ceremony in Brooklyn, New York. This was a great opportunity for T.E.A.L.® to tour the facility and become aware of this new health care resource for the Brooklyn Community.
- **Staten Island Motorcycle Fun Run (5/6/2023)**
  - On May 6th, 2023 the H.O.G. Chapter 3940 hosted a Bike Blessing & Poker Run Fundraiser at Harley Davidson of Staten Island. Proceeds from the event benefit Tell Every Amazing Lady® About Ovarian Cancer, also known as T.E.A.L.®. Harley Davidson was the starting and ending point of the Poker Run. Live music and a bike blessing kicked off the fun. Participants rode to 4 other stops across Staten Island to pick up their poker cards. The stops included; O'Neill's Bar and Grill, Z2 Diner, Beans & Leaves, and Rabs Bowling Alley. Each poker stop had a T.E.A.L.® table with awareness materials manned by a T.E.A.L.® staff member or volunteer. Ending back at Harley Davidson, the rider with the best hand wins! The event helped raise awareness across Staten Island with riders wearing

T.E.A.L.® t-shirts, banners at every stop and reaching not only participants but local communities.

- **World Ovarian Cancer Day at T.E.A.L.® (5/8/2023)**

- May 8th, 2023 was World Ovarian Cancer Day. To celebrate, T.E.A.L.® invited community members, elected officials and other prestigious guests to the T.E.A.L.® Community Center in Park Slope Brooklyn, NY. Those who attended the event had the opportunity to connect with one another and share their stories of how ovarian cancer has impacted their lives. It was a day full of awareness; everyone who attended left with the understanding that knowledge of the signs and symptoms of ovarian cancer is critical to early detection of the disease. It was an amazing event and we are so grateful to those who attended and helped to make it as special as it was!
- To celebrate, T.E.A.L.® hosted distinguished guests, including Dr. Kevin Holcomb, Steve Buscemi, Deputy Brooklyn Borough President Kim Council, Deputy Commissioner of Family and Child Health Dr. Leslie Hayes, survivors, and community members at the T.E.A.L.® Community Center in Park Slope Brooklyn, NY. Nancy Irizarry, one of T.E.A.L.® 's board members and ovarian cancer survivor shared her story and fight against the disease. Irizarry shared the importance of understanding the signs and symptoms of ovarian cancer, how early detection is the key in battling this disease, and the importance of genetics and genetic testing. T.E.A.L.® thanks News12 for covering this event and for providing awareness to all of its viewers on this important day!
- T.E.A.L.® 's CEO Pamela Esposito-Amery shared the importance of this day by sharing her story about her sister, Louisa M. McGregor and how her diagnosis motivated them to start T.E.A.L.®. In addition, she shared the signs and symptoms of ovarian cancer, how crucial early detection of the disease is, and the importance of genetics and genetic testing. T.E.A.L.® thanks Pix11 news for covering this event and for providing awareness to all of its viewers on this important day!

- **PS192 School Presentation (5/9/2023)**

- Long time volunteer for T.E.A.L.® and Parent Coordinator at PS/IS 192, Solange worked with T.E.A.L.®'s CEO and Co-Founder to share educational materials in 3 languages to parents of students at PS/IS 192 in Borough Park, Brooklyn on May 9, 2023. They shared the importance of women's health and genetics information to the faculty, staff, and students of PS/IS 192. By educating people on the importance of women's health they'll be able to look for warning signs of ovarian cancer and share information they learn with other women.

- **Energy Healing and Meditation-Virtual Series (5/10/2023)**

- **T.E.A.L.® Featured in Brooklyn Paper (5/10/2023)**

- On May 10th, 2023 an article featuring T.E.A.L.® was posted. The article is entitled: 'Tell everyone who has ever been born with ovaries': TEAL raises awareness, spreads support on World Ovarian Cancer Day. The article highlights the World Ovarian Cancer Day Event that was held at the T.E.A.L.® Community Center in Brooklyn NY. The article also highlights the work T.E.A.L.® does to



raise awareness for ovarian cancer as well as the support T.E.A.L.® offers to ovarian cancer patients, survivors, and their families.

- **Energy Healing and Meditation-Virtual Series (5/17/2023)**
- **I.S. 59 Community Health Educational. Employment and Entrepreneurial Resources Fair (5/20/2023)**
  - On May 20th, 2023, T.E.A.L.® attended the I.S. 59Q Community Health, Educational, Employment, and Entrepreneurial Resources Fair. The event took place in the cafeteria at Springfield Gardens Intermediate School 59 in Springfield Gardens, NY. T.E.A.L.® shared ovarian cancer awareness and education materials with attendees, including students. T.E.A.L.® is incredibly thankful for this opportunity to share our resources with the Queens community.
- **Energy Healing and Meditation-Virtual Series (5/24/2023)**
- **Energy Healing and Meditation-Virtual Series (5/31/2023)**

## **June2023**

- **Carmela Memorial- University Club of New York (6/1/2023)**
- **Energy Healing and Meditation-Virtual Series (6/7/2023)**
- **Brooklyn Pride LGBTQIA+ 5K Run/Walk + Parade (6/10/2023)**
  - On June 10th, 2023, T.E.A.L.® representatives attended the Brooklyn Pride 5K Run in Park Slope, Brooklyn. During the morning's 5K run, materials promoting the 15th Annual Brooklyn T.E.A.L.® Walk/Run™ Celebration were distributed to runners to encourage their participation in September's 5K run for ovarian cancer. Those who received promotional materials had the opportunity to learn more about the services Tell Every Amazing Lady® has to offer.
- **Brooklyn Pride Festival (6/10/2023)**
  - T.E.A.L.® had a great time attending Brooklyn's 5th Avenue Pride Festival on June 10th, 2023 in Park Slope Brooklyn. Representatives attended the event to help those with ovaries to become aware of the signs and symptoms of ovarian cancer. The representatives from T.E.A.L.® had a great time handing out T.E.A.L.®'s LGBTQIA resources page as well as our awareness cards listing the signs and symptoms of ovarian cancer to those who attended the festival.
- **Shelter Rock Seventh Day Adventist Church Health and Wellness Fair (6/11/2023)**
  - On June 11th, 2023 representatives from T.E.A.L.® attended Shelter Rock Seventh Day Adventist Church Health and Wellness Fair. The fair was held in the church's parking lot in Jamaica, Queens. Those who attended were educated on the signs and symptoms of ovarian cancer as well as the genetic link between ovarian cancers and other cancers such as breast and colon cancer.
- **Energy Healing and Meditation-Virtual Series (6/14/2023)**
- **Council Member Eric Dinowitz Community Health Fair at Lehman College (6/16/2023)**
  - On June 16th representatives from T.E.A.L.® attended the first ever Lehman College Community Health Fair, sponsored by Council Member Eric Dinowitz's office. The fair was held in the Lehman College cafeteria. Those in attendance included Councilman Eric Dinowitz from District 11, Assemblyman Jeffrey

Dinowitz pictured above, as well as community members and college students. Those in attendance were educated on the signs and symptoms of ovarian cancer, as well as on the importance of genetics and genetic testing.

- **Daughters of T.E.A.L.® Workshop (6/17/2023)**
- **Understanding Perimenopause with Dr Shieva Fundraiser (6/19/2023)**
  - Dr. Shieva Ghofrany MD, OB/GYN , T.E.A.L.®'s newest board member, hosted a webinar titled "Understanding Perimenopause" on June 19th, 2023. This Tribe Called V webinar also served as a fundraiser for Tell Every Amazing Lady ® and raised \$1500 in proceeds! We are so grateful for this donation from Dr. Shieva Ghofrany's event and the extremely valuable information regarding perimenopause they were able to share during this webinar. To learn more, check out [www.tribecalledv.com](http://www.tribecalledv.com).
- **Energy Healing and Meditation-Virtual Series (6/21/2023)**
- **SHARE's Getting our Fair SHARE 2023 Conference to End Health Disparities (6/21/2023)**
  - On June 21st, 2023 T.E.A.L.®'s Community Programs Manager –Kyrsten attended SHARE's Getting our Fair SHARE 2023 Conference to End Health Disparities. The two day conference took place at the New York Marriott Downtown in Manhattan. Healthcare professionals and advocates from all over came together to understand what health disparities exist within women's oncology and discussed ways in which we can all work to decrease health disparities. Through this conference Kyrsten was able to connect with other healthcare professionals and inform them of the life saving work T.E.A.L.® does to raise awareness on the signs and symptoms of ovarian cancer as well as the support given to patients, survivors and caregivers.
- **P.S. 192 Helps Provide Interactive T.E.A.L.® Community Center Window Display**
  - The T.E.A.L.® Community Center Amazing Lady Window Project was created through collaboration with T.E.A.L.® volunteer Solange and students at P.S. 192 - The Magnet School for Math and Science Inquiry. Students created decorations for the windows, featuring a tree with heart-shaped flowers, that celebrate amazing ladies everywhere through interactive elements. The vibrant display captures the attention of passersby, who will be educated on the signs and symptoms of ovarian cancer as they view the display. In addition to educational materials, a section of the window displays a QR code to a form where people can enter the name of a woman who's name they'd like featured in the window. When a name is entered, the name will be added to the display.
- **Cancer and Careers (6/23/23)**
  - T.E.A.L. staff participated in Cancer and Careers' 13th annual National Conference on Work & Cancer, happening on Friday, June 23, 2023. This daylong event brought together cancer patients, survivors, caregivers, healthcare professionals, advocates, HR professionals, and others impacted by cancer to discuss the complexities of managing work alongside treatment and recovery. Topics covered include navigating work during treatment, disclosure decisions, coping with treatment side effects, effective communication strategies, HR

engagement, insights from doctors, nutrition tips, stress management techniques, and more.

## **July 2023**

- **Energy Healing and Meditation-Virtual Series (7/5/2023)**
- **Olinville Old Timers Celebration (7/8/2023)**
  - On July 8th, 2023, representatives from T.E.A.L.® attended an event hosted by Council Member Kevin Riley. The event entitled Olinville Old Timers Celebration took place at Agnes Haywood Playground in Bronx, NY. This community event allowed representatives from T.E.A.L.® to connect with the community and spread awareness of the signs and symptoms of ovarian cancer.
- **Energy Healing and Meditation-Virtual Series (7/12/2023)**
- **Prospect Park Com Com Summer Social (7/13/2023)**
  - On July 13th, 2023 representatives from T.E.A.L.® attended the Prospect Park Community Committee Summer Social hosted by BRIC at the Lena Horne Bandshell. It was a free outdoor music and dance festival, where many came and engaged with and supported the Prospect Park community, while enjoying live music and dance. This community event allowed representatives from T.E.A.L.® connect with the community and spread awareness as they educated the public by handing out awareness/walk cards, and by interacting with many different community groups and members.
- **Meyer Cancer Center 360 Hereditary Cancers (7/17/2023)**
  - The Meyer Cancer Center regularly meets to discuss different topics. On July 17th, 2023 the MCC 360 was held at the Cornell campus of New York Presbyterian Hospital and focused on Hereditary Cancers. As a member of the Meyer Cancer Center Community Advisory Board, T.E.A.L.®'s CEO; Pamela was asked to speak on behalf of her personal and professional experience with hereditary cancers. Other panelists of this information session included: Dr. David Fishman-Professor of Clinical Obstetrics and Gynecology, Dr. Ravi Sharaf- Associate Professor of Population Health Sciences, Dr. Melissa Frey- Assistant Professor of Obstetrics and Gynecology, Dr. Steven Lipkin- Gladys and Roland Harriman Professor of Medicine, Dr. Kristy Brown- Associate Professor of Biochemistry in Medicine. The informative event was Moderated by Dr. Kevin Holcomb- Professor of Clinical Obstetrics and Gynecology.
- **Energy Healing and Meditation-Virtual Series (7/19/2023)**
- **Marathon Meet Up (7/22/2023)**
  - On July 22nd, 2023, Tell Every Amazing Lady® staff hosted the annual Marathon Meetup for all runners who would be representing T.E.A.L.® in the 2024 TCS New York City Marathon on November 5th, 2023. This year an all women team, representing over 6 states across the country, will gather in NYC to raise

awareness about ovarian cancer. This meeting marked the first time the runners and Tell Every Amazing Lady® staff gathered together virtually and discussed what it meant to run for Team Tell Every Amazing Lady®. T.E.A.L.® staff educated the team on the signs and symptoms of ovarian cancer, and the significance of their choice to run with Tell Every Amazing Lady®.

- **Energy Healing and Meditation-Virtual Series (7/26/2023)**

## **August 2023**

- **Energy Healing and Meditation-Virtual Series (8/2/2023)**
- **Energy Healing and Meditation-Virtual Series (8/9/2023)**
- **Uptown Night Market (8/10/2023)**
  - On August 10th, 2023, T.E.A.L.® attended the Uptown Night Market and distributed over 500 pieces of awareness material to event attendees. The Uptown Night Market is New York's largest cuisine, culture, and community festival put together by MASC Hospitality Group, in partnership with the West Harlem Development Corporation. The goal of the activation is to spread awareness on the signs and symptoms of ovarian cancer and to let New Yorkers know about the resources T.E.A.L.® offers.
- **Prospect Park Track Club Meet UP (8/16/2023)**
  - On August 16<sup>th</sup>, 2023, members of our T.E.A.L.® team attended the Al Goldstein Speed Series 5K in Prospect Park. The speed series are held by the Prospect Park Track Club alternating Wednesdays throughout the summer. The event was a great opportunity to inspire runners to sign up for our 15th Annual Brooklyn T.E.A.L.® Walk/Run™ Celebration in September. Our team also raised ovarian cancer awareness by interacting with runners and supporters of the track club.
- **T.E.A.L.® on CH7 ABC September Story (8/18/2023)**
  - WABC-TV ABC 7's Stacey Sager came to the T.E.A.L.® Community Center to help promote T.E.A.L.® as we gear up for our National Ovarian Cancer Awareness Campaign. We want to thank Stacey Sager and WABC-TV ABC 7 Eyewitness News for their continued support of Tell Every Amazing Lady®
- **Energy Healing and Meditation-Virtual Series (8/23/2023)**
- **Council Member Mercedes Narcisse Community Health and Back to School Fair (8/26/2023)**
  - On Saturday August 26th, 2023, T.E.A.L.®'s Intern— NYU student, Sanika attended Council Member Mercedes Narcisse's Community Health and Back to School Fair at South Shore High School in Brooklyn, NY. This was a great event that allowed T.E.A.L.® to spread awareness about the signs and symptoms of ovarian cancer. It also connected T.E.A.L.® with Brooklyn locals to let them know about the resources T.E.A.L.® has to offer. Thank you, Council Member Narcisse, for putting on such a great event!
- **MHG Brooklyn Night Market (8/28/2023)**

- T.E.A.L.® attended the MASC Hospitality Group's Brooklyn Night Market event on August 28th, 2023, in Industry City/Sunset Park, Brooklyn. We educated participants about the signs and symptoms of ovarian cancer and T.E.A.L.®'s programming and events.
- **Schneps Media/ Brooklyn Paper (8/28/2023)**
  - On August 28, 2023, Schneps Media Brooklyn Paper published an article about Tell Every Amazing Lady®'s upcoming event, [The 15th Annual Brooklyn T.E.A.L.® Walk/Run™ Celebration](#) in Prospect Park, BK. Thank you Schneps Media for your continued support! To read another article written about T.E.A.L.® by Schneps Media, please visit [this page](#).
- **Energy Healing and Meditation-Virtual Series (8/30/2023)**
- **Luna Park Coney Island Parachute Jump Lighting for 3 Days (8/31/2023)**
  - On Thursday August 31st, 2023, T.E.A.L.® kicked off National Ovarian Cancer Awareness Month by lighting the Coney Island Parachute Jump at Luna Park the color teal! The lighting took place from August 31st-September 2nd. This is the 7th year in a row that T.E.A.L.® has been able to spread awareness by illuminating this iconic monument.

## **September 2023**

- **Energy Healing and Meditation-Virtual Series (9/6/2023)**
- **WSAV Interview with Victoria (9/8/2023)**
  - On September 8th, Victoria Jones, a student at South University, was interviewed by WSAV. Ms. Jones invited the public to the upcoming 10th Annual Savannah T.E.A.L.® Walk™ to be held in Savannah, Georgia on September 30, 2023. The event had been on hiatus in person due to the pandemic. It was a great opportunity to inform the community of Savannah about the upcoming walk, while also generally raising awareness about ovarian cancer and the services which T.E.A.L.® offers to those touched by the disease.
- **T.E.A.L.® on CH7 ABC September Event Coverage (9/9/2023)**
- **T.E.A.L.® on News 12 September Event Coverage (9/9/2023)**
  - On September 9th, 2023 reporters from News 12 Brooklyn were present at the 15th Annual Brooklyn T.E.A.L.® Walk/Run® Celebration. The segment highlighted the Walk/Run® event. The reporter informed viewers that T.E.A.L.® had additional upcoming events, as well as educating viewers on ovarian cancer facts and statistics.
- **15th Annual Brooklyn T.E.A.L.® Walk/Run Celebration (9/9/2023)**
  - On Saturday, September 9th, 2023, T.E.A.L.® was excited to hold the 15th Annual Brooklyn T.E.A.L.® Walk/Run™ Celebration at Prospect Park in Brooklyn, NY! After a three-year hiatus due to the Covid-19 pandemic, T.E.A.L.® returned to the bandshell to raise awareness on the signs and symptoms of ovarian cancer, as well as celebrate the strength and

courage of ovarian cancer patients and survivors everywhere. This event welcomed over 700 people to Prospect Park and consisted of a 5K race, a survivor ceremony, and a 2.5 mile walk around the park. It was amazing to celebrate T.E.A.L.®'s 15th anniversary and be back in person raising awareness and celebrating those impacted by the disease!

- **LIU presentation (9/12/2023)**
  - T.E.A.L.® hosted a comprehensive Zoom session tailored for genetic counseling students from Long Island University on September 12th, 2023. This engaging session delved into a detailed exploration of ovarian cancer, covering its signs, symptoms, and various risk factors. Beyond understanding the medical aspects, the students were immersed in T.E.A.L.®'s overarching mission and objectives. They gained valuable insights into how T.E.A.L.® actively supports survivors and community members through impactful programs and initiatives. The session provided a platform for the LIU students to understand T.E.A.L.®'s programs before beginning their advocacy internship in the fall.
- **Energy Healing and Meditation-Virtual Series (9/13/2023)**
- **Uptown Night Market (9/14/2023)**
  - On September 14th, 2023, T.E.A.L.® representatives and volunteers attended the Uptown Night Market in Harlem. T.E.A.L.® set up an interactive photo booth where people could come and take fun photos with a ring light, while simultaneously being educated about the signs and symptoms of ovarian cancer. It was a great event that allowed T.E.A.L.® to engage with the community in a fun and interactive way.
- **Ribbons - Myrtle Ave (9/14/2023)**
  - On September 14th, 2023, in collaboration with [Turn the Towns Teal®](#), representatives from T.E.A.L.® tied teal ribbons on trees along Myrtle Avenue, in the Clinton Hill and Fort Greene neighborhoods of Brooklyn. These bold ribbons catch the attention of people walking by, encouraging the public to educate themselves about the signs and symptoms of ovarian cancer. Thank you to our amazing volunteers and the Myrtle Ave BID for joining us in our ovarian cancer awareness efforts.
- **Ribbons - 5th Ave (9/15/2023)**
  - On September 15th, 2023, in collaboration with [Turn the Towns Teal®](#), staff and volunteers from TD Bank tied teal ribbons on trees along Fifth Avenue in Park Slope, Brooklyn. Along the avenue, many store owners graciously hung T.E.A.L.® posters in their windows, explaining the importance of the ribbons and ovarian cancer awareness. These eye-catching teal awareness ribbons encourage the public to educate themselves about the signs and symptoms of ovarian cancer. Thank you to our volunteers and the Fifth Ave BID for joining us in our ovarian cancer awareness efforts.
- **10th Annual Litchfield walk (9/16/2023)**

- On September 16th, 2023, T.E.A.L.® organized its 10th Annual Litchfield T.E.A.L.® Walk™ to celebrate the courage of ovarian cancer survivors and strength of the families who have been touched by the disease, to raise awareness to the public and raise money for research. This year's walk was especially important because it was T.E.A.L.® 's 10-year anniversary in Litchfield. The inspiration behind this walk was the late Lisa Cosgrove, who was diagnosed with ovarian cancer in June 2014. Her memory and her strength live on in her daughter Marissa Cosgrove who makes the Litchfield T.E.A.L.® Walk™ possible every year. T.E.A.L.® is deeply grateful to both Marissa and the Hope Assembly #46, International Order of the Rainbow for Girls with whom this walk would be impossible without.
- **Kean Chalk Event (9/19/2023)**
  - On September 19th, 2023, T.E.A.L.® Interns from Kean University continued the tradition of leading their entire genetic counseling class in a campus wide awareness campaign. The genetic counseling students used chalk art on the sidewalks throughout the Kean University campus in Union, New Jersey to spread awareness about ovarian cancer. This event allows for T.E.A.L.®'s mission to reach thousands of Kean students, and Union, New Jersey community members.
- **Ovarian Cancer Awareness Lunch and Learn: Joint Presentation with One Medical to Morgan Stanley (9/19/2023)**
  - On September 19th, Pamela Esposito-Amery, CEO and co-founder of T.E.A.L.®, in conjunction with One Medical, took part in a joint presentation to Morgan Stanley. Pamela relayed her own personal story with ovarian cancer and discussed public awareness of the disease, as well as highlighting T.E.A.L.®'s unwavering commitment to be a resource and spread awareness. In turn, One Medical highlighted their services, and presented actionable medical options. It was a fantastic collaboration as T.E.A.L.® informed the audience about ovarian cancer, and One Medical followed with an overview of their services, and how as a medical institution they could help.
- **Energy Healing and Meditation-Virtual Series (9/20/2023)**
- **Ribbons - North Flatbush Avenue (9/20/2023)**
  - T.E.A.L.®, with the help of the North Flatbush BID in collaboration with Turn the Towns Teal®, tied teal ribbons around trees along North Flatbush Avenue in an effort to spread awareness about ovarian cancer in September, which is National Ovarian Cancer Awareness Month.
- **Navigating a Gynecologic Cancer Diagnosis (9/26/2023)**
  - Since 2021, T.E.A.L.® has partnered with Woman to Woman, Sharsheret, Wisconsin Ovarian Cancer Alliance, and several other organizations to host a virtual Navigating a Gynecologic Cancer Diagnosis panel. The panel consists of doctors, social workers and survivors. The purpose of these virtual webinars is to inform and educate and support anyone who has been recently diagnosed with gynecological cancer.



- **Energy Healing and Meditation-Virtual Series (9/27/2023)**
- **Celebrating National OCAM at Maimonides (9/27/2023)**
  - On September 27, 2023, T.E.A.L.® partnered with Maimonides Health in Brooklyn, NY to celebrate National Ovarian Cancer Awareness Month in the hospital's main lobby. T.E.A.L.® representatives were there spreading awareness of ovarian cancer, while also informing community members about T.E.A.L.®'s many free resources for women, ovarian cancer patients, survivors, and their family members. Hospital staff, patients, doctors, and administration took part in the event by coming to learn about T.E.A.L.® and the work we do. They also took part in our new fun interactive photo booth! It was a great event and we enjoyed being able to reconnect with Maimonides Health.
- **Overlooked With Golda Arthur Podcast (9/27/2023)**
  - Pamela Esposito-Amery, CEO of Tell Every Amazing Lady® was a guest speaker on Golda Author's new podcast, Overlooked. The podcast launched on September 27th, 2023 and received NewYork Festivals Gold Radio Award in 2024 and was a 2024 Webby Award Honoree. The mission of Overlooked is to empower women by helping them advocate better for themselves, and we do this by featuring immersive personal storytelling, and in-depth conversations about women's health. Pamela was a guest on Episode 4: Family. This episode emphasized that being a caregiver through a loved one's cancer journey is a distinct experience worthy of its own dedicated episode.
- **16th Street Block Party – Awareness and Outreach (9/30/2023)**
  - T.E.A.L.® joined the fun at Brooklyn's 16th Street block party on September 30th, 2023! It was a fantastic opportunity to connect with the community and spread awareness of our resources in a lively and engaging way.
- **Orange Theory Fitness Awareness Event (9/30/2023)**
  - On September 30th, 2023, OrangeTheory Fitness Rockaway Beach held a 90-minute workout class to raise awareness and funds for ovarian cancer. This is the second year in a row that OrangeTheory Fitness Rockaway Beach hosted this event for T.E.A.L.®. Representatives from T.E.A.L.® spent the day in the studio's lobby spreading awareness on the signs and symptoms of ovarian cancer as well as the importance of understanding genetic risks. Everyone who attended an OrangeTheory Fitness workout class that day walked away with valuable lifesaving information; not only those who took part in the 90-minute donation class!
- **City Hall Lighting (9/30/2023)**
  - On September 30th, 2023, T.E.A.L.®, in partnership with Manhattan's City Hall, lit the building the color teal to commemorate the end of a month-long effort to raise awareness for September's National Ovarian Cancer Awareness month. The lighting further spread awareness of ovarian cancer.
- **Schnepps media covering city hall (9/30/2023)**

- On September 30, 2023, Schnepps Media covered T.E.A.L.® lighting up City Hall in teal. This vibrant display marked the culmination of a dedicated month-long campaign to raise awareness for National Ovarian Cancer Awareness Month in September. The teal lighting not only adorned City Hall but also served as a powerful beacon spreading crucial awareness about ovarian cancer within the community. We are grateful to Schnepps Media for helping spread this awareness even further!
- **Municipal Building Lighting (9/30/2023)**
  - T.E.A.L.® lit the Municipal Building the color teal on September 30th, 2023, the official color that symbolizes the cause, to commemorate the end of National Ovarian Cancer Awareness month. The lighting further raised awareness of ovarian cancer.
- **Pink and Teal Event (9/30/2023)**
  - On September 30th, 2023, Timothy Marshall Enterprises hosted the annual Girl's Night Out "Pink and Teal " ovarian and breast cancer awareness event in Downtown Brooklyn, naming Tell Every Amazing Lady® as a beneficiary. This event raised funds in support of T.E.A.L.® and our programs. Thank you Timothy Marshall for supporting our work!
- **Bronx County Courthouse Lighting (9/30/2023)**
  - On September 30th, 2023, T.E.A.L.®, in partnership with Bronx County Courthouse, lit the building the color teal to commemorate the end of a month-long effort to raise awareness for September's National Ovarian Cancer Awareness month. The lighting further spread awareness of ovarian cancer.
- **Savannah walk (9/30/2023)**
  - On September 30th, 2023, T.E.A.L.® organized the 10th Annual Savannah T.E.A.L.® Walk™ to honor those impacted by ovarian cancer and spread awareness regarding the disease. For the past 10 years T.E.A.L.® has organized a walk in Savannah, Georgia to celebrate the courage of ovarian cancer survivors and the strength of the families who have been touched by the disease, raise awareness to the public, and to raise money for research. This year's walk was especially important not only because it was T.E.A.L.® 's 10-year anniversary in Savannah, but because it marked the first walk T.E.A.L.® held in person since 2019 due to the pandemic. We are deeply grateful to those who supported this year's walk, such as Girl Scout Troop 30284, Delta Omega Chapter of Kappa Psi Pharmaceutical Fraternity Inc, Grande Cosmetics, Feminade, Walgreens, Staybridge Suites Hotel, Preferred Pharmacy, Binya, and Dick's Broadcasting without whom this event could not have been as successful as it was. T.E.A.L.® would also like to thank Rachel Davis, Victoria Jones, Mollie Andrade, and Dr. Stephen McCall who helped plan, organize, and put on this event. [Click here to view the photos taken at the walk.](#)

## **October 2023**

- **Brooklyn Night Market (10/2/2023)**
  - On Monday October 2nd, 2023, T.E.A.L.® had an awareness activation Masculine Hospitality Groups; Brooklyn Night Market in Industry City. Representatives from T.E.A.L.® were present at this event with the new T.E.A.L.® photo booth. We encouraged event goers to take pictures at the booth, while simultaneously providing lifesaving information on the signs and symptoms of ovarian cancer and the fact that there is no screening test for the disease.
- **Morgan Prospect Park Alliance Community Coffee (10/3/2023)**
  - On October 3, 2023, CEO and Co-founder Pamela attended the Prospect Park Alliance Community Coffee meeting held at Poetica Coffee.
- **Energy Healing and Meditation-Virtual Series (10/4/2023)**
- **Energy Healing and Meditation-Virtual Series (10/11/2023)**
- **South Brooklyn Lions Club Memorial Golf Outing (10/13/2023)**
  - On October 13th, 2023, T.E.A.L.® was honored to be one of the beneficiaries of the South Brooklyn Lions Club Annual Memorial Golf Outing at the Dyker Beach Golf Course. Our CEO addressed the crowd and was able to spread awareness and distribute educational materials to all in attendance.
- **Women's Arise Conference (10/14/2023)**
  - On October 14th, 2023, T.E.A.L.® representatives had the honor of taking part in the Women Arise: Women's Conference 2023, a carefully organized event hosted by the Hope For All Outreach Christian Center in Brooklyn, NY. The main goal of this event was to raise awareness about breast cancer, especially during October, known as Breast Cancer Awareness Month. The Women Arise conference was a well-thought-out gathering, bringing together a diverse group of people. They invited breast cancer survivors, educators, and representatives from healthcare organizations to talk about important healthcare topics that matter to people today. This community event was a chance for our T.E.A.L.® representatives to connect with the local community and share information about ovarian cancer and how it is genetically linked to breast cancer. Our aim in attending the event was to help people become more aware and empowered when it comes to understanding and addressing ovarian cancer as it relates to breast cancer and genetics. This event provided a meaningful opportunity for T.E.A.L.® to reach and educate the public about this important issue.
- **Daughters of T.E.A.L.® Workshop (10/14/2023)**
- **Energy Healing and Meditation-Virtual Series (10/18/2023)**
- **Walmart Presents Check to Savannah Committee (10/23/2023)**
  - On October 23rd, 2023, the Walmart Foundation awarded Tell Every Amazing Lady® a \$1,500 grant to help support T.E.A.L.®'s mission to spread awareness, and support survivors within the Savannah community. T.E.A.L.® representatives, Rachel and Victoria, went to Walmart on Abercorn St. to claim this check.
- **Williams' Family Memorial (10/24/2023)**

- **Energy Healing and Meditation-Virtual Series (10/25/2023)**
- **Brooklyn Botanical Gardens Tour (10/26/2023)**
  - On October 26th representatives from T.E.A.L.® and other community members visited the Brooklyn Botanical Gardens, where they were guided around the gardens on an educational tour. It was an enjoyable and informative experience, as they got to enjoy the unseasonably warm weather and surrounding beauty. It was a great bonding experience for the T.E.A.L.® community, and an excellent opportunity to practice wellness.
- **Hockey with a Heart- NY Islanders (10/26/2023)**
  - On October 26th, 2023, T.E.A.L.® staff and volunteers went to UBS Arena in Elmont, New York to spread awareness about ovarian cancer at the New York Islanders vs. The Ottawa Senators hockey game. T.E.A.L.® was selected to be the charity of that game as part of the New York Islanders Hockey With A Heart Program. T.E.A.L.® had an awareness booth on the concourse, where we interacted with the public by encouraging them to utilize our photobooth, while also spreading awareness. T.E.A.L.®'s CEO and Co-Founder Pamela also had the unique opportunity to spread awareness about ovarian cancer on the jumbotron! T.E.A.L.®'s volunteers were also stationed around the arena to help sell raffle tickets to fans, in which a portion of the proceeds went to benefit T.E.A.L.®. This was a fun night that allowed T.E.A.L.® to spread its mission and awareness on the signs and symptoms of ovarian cancer to the thousands of people who attended the game.

## **November 2023**

- **Energy Healing and Meditation-Virtual Series (11/1/2023)**
- **St. Josephs Career and Internship Fair (11/1/2023)**
  - On November 1, 2023, T.E.A.L.® took part in the Job and Internship Fair at St. Joseph's University New York, hosted on the Brooklyn Campus at Hill Center. Our staff actively promoted awareness about our programs and interacted with enthusiastic students eager to participate and make a difference.
- **TCS NYRR Marathon Expo (11/3/2023-11/4/2023)**
  - On November 3rd and 4th, 2023, Tell Every Amazing Lady® staff attended the 2023 TCS New York City Marathon Expo at the Javits Center in Manhattan, NY. There, staff met many of our runners on Team Tell Every Amazing Lady® for the very first time in-person, and had the opportunity to give them Tell Every Amazing Lady® goodie bags, branded items, and awareness materials.
- **TCS NYRR 2023 Marathon (11/5/2023)**
  - On November 5th, 2023, Team Tell Every Amazing Lady® ran in the 2023 TCS New York City Marathon. Our staff and volunteers cheered for Team Tell Every Amazing Lady® between mile 7 and mile 8 in Park Slope, Brooklyn. We are so incredibly proud of our all women team, as they each crossed the finish line safely and successfully.

- **Energy Healing and Meditation-Virtual Series (11/8/2023)**
- **Energy Healing and Meditation-Virtual Series (11/15/2023)**
- **South Slope Lions Dinner (11/16/2023)**
  - CEO of Tell Every Amazing Lady®, Pamela Esposito-Amery, presented education materials at the South Slope Lions Quarterly Dinner meeting on November 11th, 2023.
- **Strike Out Ovarian Cancer (11/19/2023)**
  - On November 19, 2023, T.E.A.L.® volunteers and board members hosted Strikeout Ovarian Cancer night at Rabs Country Lanes Bowling Alley in Staten Island, NY, and named Tell Every Amazing Lady® the sole beneficiary. This wonderful event reached over 200 people as T.E.A.L.® representatives educated and spread awareness about the signs, symptoms, and risk factors of ovarian cancer. It was a fun and educational night that allowed T.E.A.L.® to further engage with the Staten Island community.
- **Crystal Healing Workshop- T.E.A.L.® Survivor Social (11/19/2023)**
- **WOCC Caregiver Workshop (11/27/2023)**
  - On November 27, 2023, T.E.A.L.®'s CEO, Pamela, was a guest panelist on the Impact of Ovarian Cancer on Caregivers and Loved Ones, which was part of the 3rd Annual Virtual Partner Meeting hosted by World Ovarian Cancer Coalition. This episode featured other friends of T.E.A.L.® such as Kevin Nesko from the Bridget Nesko Memorial Foundation Inc., Golda Arthur, host of the award-winning podcast Overlooked, and survivor Sbba Siddique. Thank you to all those involved for making this a wonderful webinar!
- **Quarterly Com Com Update plus Partner Meeting (11/29/2023)**
- **Energy Healing and Meditation-Virtual Series (11/29/2023)**
- **PS 192 Awareness Event (11/30/2023)**
  - On November 30th, 2023 with the help of longtime volunteer Solange, T.E.A.L.® spread awareness in several different languages to parents and faculty during dismissal at PS 192 Magnet School for Math and Science Inquiries in Midwood, Brooklyn.

## **December 2023**

- **Energy Healing and Meditation-Virtual Series (12/6/2023)**
- **Kendra Scott Savannah Event (12/8/2023-12/9/2023)**
  - On December 8th and 9th, 2023, T.E.A.L.® partnered with Kendra Scott in Savannah, GA, on West Broughton St. to spread awareness about ovarian cancer. With the help of our amazing volunteer Rachel, T.E.A.L.® received a percentage of the sales earned on both days, as customers either utilized an online code or went in-person and mentioned T.E.A.L.® at checkout. This hybrid event allowed people all over the country to participate in supporting T.E.A.L.® by purchasing Kendra Scott.
- **Energy Healing and Meditation-Virtual Series (12/13/2023)**
- **T.E.A.L.® Celebrates Community Member Jane Weedon (12/15/2023)**

- T.E.A.L.® staff and community members gathered at the T.E.A.L.® Community Center in Brooklyn on December 15th, 2023 to celebrate Jane Weedon. Since February 2020, Jane has volunteered her time with T.E.A.L.® and hosted weekly Energy Healing and Meditation workshops on Zoom. Every Wednesday, Jane leads a 30-minute guided morning meditation that helps set such an impactful tone for every participant's day. Not only has she spearheaded this effort, but this workshop has served as a place for an inspiring group of people to come together in support and share stories.
- **Annual Brooklyn Chamber of Commerce Winter Gala (12/19/2023)**
  - On December 19th, 2023, T.E.A.L.® attended the Brooklyn Chamber of Commerce's 2023 Annual Meeting and Winter Gala at The El Caribe Country Club in Mill Basin, Brooklyn. T.E.A.L.® staff connected with local businesses and supporters to promote awareness and distribute women's health information during the trade expo portion of the evening. The celebration focused on prominent members of the Brooklyn community, and ways to strengthen economic development.
- **T.E.A.L.® Holiday Survivor Social (12/19/2023)**
- **Energy Healing and Meditation-Virtual Series (12/20/2023)**