

# BEVERLY HILLS COURIER

The Newspaper of Record for the World of Beverly Hills

VOLUME: LV NUMBER 32 \$145 PER YEAR - \$3.00 PER COPY • www.bhcourier.com SINCE 1965 August 9, 2019

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## HOW DO YOU FEEL?

HEALTH & WELLNESS

### Tower Cancer Research Foundation's Day Of Beauty Pampers, Honors 'Cancer Fighters'

By Steve Simmons

Hosted by Tower Cancer Research Foundation's (TCRF) Young Leadership Division—Cancer Free Generation—the 6th annual "Day of Beauty for Cancer Thrivers," Monday, was about pampering and lifting the spirits and self-esteem of those undergoing cancer treatment, or in post-treatment.

The celebration included a cross section of cancer fighters, men and women of all ages and backgrounds, and many who have survived several different cancers and multiple rounds of varied cancer treatments.

Hosted by B2V salon in West Hollywood the event included such treatments as facials, makeup by NARS, Eyelashes by D's Lashes, brow and hair styling and manicures.

All the professional services were donated and several volunteers from Tower Cancer Research Foundation were on-hand to help the cancer patients and those in recovery feel special all day long.

In between treatments, participants relaxed and socialized with other cancer fighters over lunch or had their pictures taken by professional photographer Chris Panagakis. Corner Bakery donated lunch and Lattes on Location donated coffee – with representative present to serve the food.

Tower made-over almost 130 patients and "those with no evidence of disease" throughout the day.

One of those taking part was Michele Grant who was diagnosed with breast cancer in 2014, ovarian cancer in 2016, and who's had chemotherapy for both.

"This day is a gift," said Grant, who was attending for her third year. "It means there are people on my team. The day is an amazing show of kindness and support and generosity from people because they are kind souls who want to hold you up and feel more like yourself again."

For women, Grant says, losing hair, eyelashes and eyebrows is disturbing and disheartening. "Something like this makes you feel whole again. For me, Monday was about going from surviving to thriving. Surviving is not enough."

She's also moved by the volunteers —"People



From left, Michele Grant, Cathy Baker and Mary Lou Stratten. cancer survivors and participants in Tower Cancer Research Foundation's Magnolia House cancer patient support center and TCRF's "Day of Beauty" on Monday.

you've never met who are doing this because they are kind and may or may not know someone who's had or is recovering from cancer."

Grant is also a fan of TCRF's Magnolia House, the organization's patient support center, where she took nutrition and exercise classes. After-effects of the chemo required that Grant have her spine fused. "There's no way I would have been strong enough to have the surgery without the exercise classes," Grant said.

All the participants also received gift bags with items donated by Colbert M.D., Olive & June, Virtual Labs, Rue Ltd, and B2V Salon.

Over the last 20 years, Tower has raised more than \$30 million to fund research and patient-support programs that are professionally vetted by committees comprised of local, scientific and community leaders.

In the last two decades, TCRF has participated in more than 200 clinical trials with thousands of patients and awarded almost \$10 million in the last decade alone to dozens of physician scientists pursuing hypotheses, including more than \$3 million to talented young researchers through Career Development Grants.

Tower's initial \$3 million investment has led to almost \$40 million in additional clinical research funding.