



Improve the lives of cancer patients and their families.  
Stick a Fork in Cancer beneficiaries:



The Jonathan Zierdt Cancer Fund is a donor advised fund of the Mankato Area Foundation. The fund was established in 2017 by Jonathan and Ginger Zierdt and a guiding coalition of engaged community leaders to build community awareness and support. Besides funding other worthy cancer fighting organizations, examples of the types of things the fund will invest in are:

- JZ “Fully Alive” PACKs – Specially designed care packages given on diagnosis
- “How To’s” for caregivers, family, friends, employers and more
- Preventative health information and access to early detection methods
- Downloadable App with information on cancer facts, resources and support



At the American Cancer Society, we’re on a mission to free the world from cancer. Until we do, we’ll be funding and conducting research, sharing expert information, supporting patients in and around Blue Earth County, and spreading the word about prevention in your communities. All so you can live longer — and better.

**L I V E S T R O N G**  
**A T T H E Y M C A**

Cancer is a life-changing disease that takes a tremendous physical and emotional toll on those affected. The YMCA and the LIVESTRONG® Foundation have joined together to create LIVESTRONG at the YMCA, a research based physical activity and well-being program designed to help adult cancer survivors reclaim their total health.

Participants work with Mankato Family YMCA staff trained in supportive cancer care to safely achieve their goals such as building muscle mass and strength, increasing flexibility and endurance and improving confidence and self-esteem. By focusing on the whole person and not the disease, LIVESTRONG at the YMCA is helping people move beyond cancer in spirit, mind and body.