



# Dignity Health Foundation East Valley®

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## DIGNITY HEALTH FAMILY 5K...RUN, PLAY, GIVE Families Supporting Families Who Have Experienced the Loss of a Baby

GILBERT, ARIZONA, MAY 5, 2018 -- Families will again join together on May 5, 2018 for the 4th Annual Dignity Family 5K at Freestone Park in Gilbert. Registration begins at 7am and the 5k begins at 8am. The event has a distance for everyone, including a 5K Run/Walk, a Family 1 mile, and a 100 Yard Kids' Dash to encourage all families to come out and support families who have experienced the loss of a baby.

One in four families unfortunately will experience the loss of a baby in their lifetime. This event seeks to do more than just raise funds. It is also being held to raise awareness and to erase the stigma in talking about the loss of a baby. Parents, and families, should not have to endure this massive grief alone. All proceeds from the Dignity Health Family 5K races and fun run will go to the Heaven's Hummingbirds Project; a group of bereaved parents providing empathy to parents facing the loss of a baby. This group seeks to provide a light in the darkness to other families who are suffering a similar loss through a support group.

*"When I was in the hospital with my husband, I was facing the loss of my baby. Overwhelmed, and lost, I asked if there was anyone who we could speak to who had been through this too? While the nurses and social workers were amazing providing us sympathy, what we so desperately needed was empathy, to look into the eyes of another who knew exactly how this felt...it makes all the difference." - Bereaved Mom and Mercy Gilbert Medical Center Patient*

For more information on the race: <https://www.supportdignityhealtheastvalley.org/events/dignity-health-run-series/family-5k-run-2018>

For more information on bereavement support groups for east valley families:

<https://www.supportdignityhealtheastvalley.org/what-we-support/heavenshummingbirds>

Dignity Health Foundation East Valley's mission is to support Dignity Health healthcare facilities and programs in the Southeast Valley through philanthropy.

Chandler Regional Medical Center, Mercy Gilbert Medical Center, and the community outreach programs managed by Dignity Health in the East Valley, are committed to furthering healing by delivering compassionate, high-quality, affordable health services; serving and advocating for the poor and disenfranchised; and partnering with others in the community to improve quality of life.

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