



LYNDA LEVY

During the course of her life, Lynda Levy has been many things: wife, mother, grandmother, friend, psychotherapist, chairperson, fundraiser, photographer and singer. But other words describe her as well. Words like spiritual counselor, caregiver, support champion and healer. So it's only natural that The Wellness Community-West Los Angeles (TWC-WLA) and Lynda would ultimately find one another and cultivate a long and beautiful friendship.

When she was a little girl, Lynda noticed those around her who were different: those who may have had injury or illness, or who were in some kind of trouble and needed help. Lynda always wished that there were something she could do to make things better for them. But they were strangers, and she was just a little girl ... so what could she do? Lynda eventually grew up and got married, raised three sons, and became a grandparent. She had spent a good part of her adult life focused on her family and friends, but never forgot all the strangers out there in need, those who could use someone's help and encouraging support. In that spirit, Lynda went back to school at the age of 52 to get her bachelor's and master's degrees, and accomplished her personal goal of becoming a psychotherapist. Now, she helps many strangers in her own practice, as they delve into topics such as cancer diagnosis, spiritual counseling and parenting. And so—it appears that childhood dreams do come true.

It was 10 years ago when Lynda's good friend, Ruth Salk, approached her and asked her to co-chair the first annual Friends of Wellness luncheon for TWC-WLA. As a lifelong supporter of those in need, as well as a strong advocate for personal health and well-being, Lynda was prepared. Additionally, Ruth knew that Lynda had been a successful fundraiser in the past, and that her expertise could be a great asset in raising the public profile and awareness of TWC-WLA. Inevitably, Lynda's positive attitude and social grace brought even more hope and support to diagnosed individuals and their families. Later, when Lynda was diagnosed with cancer herself, she not only was able to fully empathize with those she had been giving her support and comfort to, but was able to wrap the arms of TWC-WLA around herself in her own time of need.

In hearing the sincere thankfulness and passionate quest for wellness in the many voices of TWC-WLA, Lynda was moved to develop her own voice—literally—by recently kicking off a professional career as a cabaret and jazz singer. To Lynda, music is a healing art and to touch someone's soul with her voice gives her a tremendous sense of gratitude and pleasure. Lynda has also been a professional photographer and has exhibited her work in many local galleries. Photography, for her, is not only another healing art, but also a lens through which she views life. She remains committed to touching others with her renewed relationship with TWC-WLA and the Friends of Wellness luncheons, where she again is focusing on increasing TWC-WLA's public awareness. Lynda supports fundraising by touting TWC-WLA's programs, staff, workshops, speakers and advisory board, so that those diagnosed with cancer and their families have a place to go that is understanding, caring, nurturing and, ultimately, healing.

And so, Lynda is honored to be recognized for her devotion and support by The Wellness Community-West Los Angeles, which has touched and inspired her all these years.



JUDY BERNSTEIN

Judy Bernstein has always sought meaning and purpose in life. She lives by the credo that life is so much richer when you include everybody in it; and that enthusiasm, paired with a positive outlook, makes every moment priceless and undeniably authentic. As an individual who

has been involved with The Wellness Community-West Los Angeles (TWC-WLA) since 1994, Judy has become a committed advocate of the organization's mission, and has provided unwavering support to those diagnosed with cancer and their families. Judy initially came to TWC-WLA during a time of transition and need, and found not only fulfillment, but also tremendous joy and satisfaction in sharing her energy with those who needed hope and encouragement.

Like so many others, Judy's life has been touched by cancer. Years ago, when her mother died of lung cancer, TWC-WLA did not exist. With virtually no avenue for her emotions and questions, Judy turned to a different outlet, one that supported cancer outreach by promoting breast self-examination. Judy later pursued a career in retail fashion, but eventually returned to volunteering and fundraising in 1994 when she joined TWC-WLA. From the moment she became a volunteer at TWC-WLA, Judy loved and embraced the people; the warm and friendly environment; and the amazing transformation of those arriving with despair and leaving with hope. Over the years, Judy has noticed that people who come to TWC-WLA are looking for passion, warmth and heart, all of which are exuded by TWC-WLA's devoted staff and volunteers.

As one of those volunteers, Judy did whatever needed to be done, from stuffing envelopes to planning a celebrity design house to taking on the role of team captain for the first TWC-WLA marathon team. She has spearheaded and assisted countless events, all with the aim of giving back to the community. With a big heart and a voice to match, Judy has become the unofficial "spokeswoman" for TWC-WLA and exemplifies the organization's spirit and presence. As a firm believer in TWC-WLA's mission and message, Judy has referred numerous people to its educational programs and support groups. TWC-WLA has and will always be a primary focus of her attention and will remain dear to her heart for it has provided the roadmap for an intensely rewarding journey, as well as a vehicle for self-fulfillment, personal satisfaction and inner joy.

Judy Bernstein is not only a beautiful and inspiring woman; she is also a hero and a defender of hope. She believes no one should face cancer alone, and has made it her life's endeavor to bring wellness to those who have been recently diagnosed, as well as to survivors and family members. She is delighted to have two children, two grandsons, four grand-dogs and two grand-cats, who are all the lights of her life.