



## ***SUMMIT CANCER SOLUTIONS***

### ***What's New***

#### ***New Recreation Center***

**Summit is excited to announce we are opening our program in yet another recreation center! We will be offering our program through The Trails Recreation Center in Centennial beginning in mid-February. Spread the word!**

#### ***Website***

**Our new website has been launched! The new format more fully reflects our goal to serve all adult cancer survivors, of all ages and fitness levels. Check out the new Testimonials and Summit Cycling Team pages. The Resources page has been updated and expanded. [Click here](#) to check it out.**

#### ***Brochure***

**We also have a new brochure coming out this week. We will be doing a massive mailing to cancer contacts in the Denver Metro area as soon as we receive them. Let us know if your organization would like to be included in our mailing.**

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### ***Coming Up...***

#### ***Tai Chi with Sandy***

**MARK YOUR CALENDARS....A FREE INTRO/DEMO TO THE SUN STYLE OF TAI CHI.**

**WHAT: The art of Tai Chi uses gentle flowing movements to reduce the stress of today's busy lifestyles and can improve overall health!**

**WHO:** Anyone regardless of age or physical ability, can practice Tai Chi.

**WHEN:** February 21st, 10 – 11:30 am

**WHERE:** Goodson Recreation Center, 6315 S. University Blvd., Centennial

**WHY:** Tai Chi is used to:

- Reduce Stress
- Increase Flexibility
- Improve Muscle Strength and Definition
- Increase Energy, Stamina, and Agility
- Increase Feelings of Well-Being

.....hope you can join us for a morning of noncompetitive, self-paced class of gentle physical exercise and stretching!

RSVP to [info@summitcancersolutions.org](mailto:info@summitcancersolutions.org)

or 303-409-2206 by February 16th.

\* Free access to the class if you do not belong to the Goodson Rec. Center.

### **Summit Brunch**

Our Summit Brunch for participants is coming up on February 28<sup>th</sup> at 10:30am.

Please bring a dish for up to ten people based on your last name:

A-F Breads/Pastries

G-L Potato Dishes

M-P Fruit Dishes

Q-Z Egg/Meat Casseroles

*Note new location:*

*La Alma Recreation Center*

*1325 W. 11th Avenue, Denver*

*- easy access from I-25 -*

*RSVP: 303-409-2206 by Feb. 23<sup>rd</sup>*

## **6<sup>th</sup> Annual Health & Wellness Fair, Wheat Ridge Recreation Center**

The Wheat Ridge Recreation Center is having a Health & Wellness Fair on Feb 20<sup>th</sup> from 9am-12pm. There will be health screenings and demonstrations. Look for us there!

**Location:** 4005 Kipling St., Wheat Ridge, CO 80033

**Website:** click here: [Wheat Ridge Health & Wellness Fair](#)

## **10th Annual Multicultural Conference on Breast Health**

The Multicultural Conference on Breast Health is a one-day conference targeting minority women who lack access to life-saving information about breast health and breast cancer. All sessions are presented by experts in their field, with an emphasis on providing the information in a culturally appropriate way. Summit will be there!

**Date:** Saturday, February 21, 2009

**Time:** 8:00 a.m. to 2:00 p.m.

**Location:** Renaissance Denver Hotel

3801 Quebec Street

Denver, CO 80210

**Website:** [www.komendenver.org](http://www.komendenver.org)

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### ***Our Program:***

Summit Cancer Solutions offers six-month exercise programs to adult cancer survivors. Exercise physiologists with a cancer specialty oversee all aspects of the exercise regimen, which aids in recovery and general fitness during and after treatment. The fitness program includes flexibility, cardiovascular, and strength training. Summit is open to adults of all ages and fitness levels. Participants are both men and women who have survived every type of cancer.

***Contact us today!***

**PHONE:**

**303-409-2206**

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