



SUMMIT CANCER SOLUTIONS

What's New

New Recreation Center

Summit will start offering classes at the Wulf Recreation Center in Evergreen beginning in late January. We are excited to offer our services in this part of the state. Let your friends know!

Summit's Cancer Exercise Instruction Program

Summit is expanding its mission to include "train the trainer" by offering education to exercise physiologists and other recreation professions on its cancer exercise program. This expansion will allow us to reach all areas of Colorado, and beyond. Stay tuned to our website for more details!

Team Survivor Rocky Mountain Fitness Camp

Attention ladies!! Team Survivor Rocky Mountain will be offering a fitness camp for female cancer survivors starting February 25th. Five fitness coaching sessions will cover various topics from lymphedema to setting goals and finding inspiration. There will be special speakers, including Susan Williams, an Olympic athlete. Summit is partnering with Team survivor to offer these FREE sessions. The sessions will be held at the Peak in Littleton. See our website at www.summitcancersolutions.org News & Events page for details.

Spreading the Word...

Many of our participants have recently asked how they can help advertise our program. With a small marketing budget and other financial challenges, you, our participants, are one of our best resources!! We mail out brochures to physician offices and other cancer organizations on a yearly basis. Yet, the personal contact of a participant explaining the benefits of Summit's program directly to his/her physician is *priceless*. Call the office if you would like to have brochures mailed to you.

Thank you!

2009 Summit Cancer 1K & 5K Walk/Run

Summit had its annual 1K & 5K Walk/Run on November 7th at City Park in Denver. Thank you to everyone who supported this event. We raised over \$3000!!

Annual Appeal Letter

Our yearly appeal letter was sent out to all participants and previous donors in November. We have raised over \$6000 to date. Your support means more now than ever!

Coming Up...

7th Annual Health & Wellness Fair, Wheat Ridge Recreation Center

The Wheat Ridge Recreation Center is having a Health & Wellness Fair on Feb 19th 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](#)

Our Program:

Summit Cancer Solutions is a non-profit organization that offers six-month exercise programs to adult cancer survivors and training to exercise physiologists and recreation professionals on our cancer exercise program. 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!

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