



SUMMIT CANCER SOLUTIONS -

"A Support Group on the Move"

What's New

Thank you supporters!

Summit would like to thank the Denver Affiliate of the Susan G. Komen Foundation and the Cancer League of Colorado for their recent support!

Facebook & Twitter

Become a fan of Summit on Facebook and follow us on Twitter!! We post information about our participants, cancer news, Summit events, testimonials, and much more!! Even better, suggest Summit to your friends on Facebook!! It is the best way for you to keep up on Summit & it helps us network online. The links are www.facebook.com/SummitCancerSolutions and <http://twitter.com/SummitCancerSol> (links are also available on our website).

Change of Recreation Center

Summit has moved from LaAlma recreation center to Montclair in Denver. Montclair is located near Quebec & 8th and has an indoor pool - nice bonus!

Profile on Participant Sharon Larned

Sharon Larned is the latest participant to share her experience with Summit. [Click here](#) to read the online yourhub story. See the News & Events section of our website for links to other Summit participant stories -- these are always uplifting!!

Coming Up...

Summit's Cancer Exercise Instruction Program

We are very excited to announce that the dates have been set for Summit's 1st Cancer Exercise Instruction Program - June 27-28, 2010. This training will be held at The Peak Recreation Center in Littleton and is offered to exercise physiologists and other recreation professionals. Summit's Cancer Exercise Training Program is a complete turn-key program. Participants will leave with the knowledge, experience, and related paperwork to bring a cancer exercise program to their own organization. This program will include everything from hands on training with patient assessments to cancer related limitations. Sandy Dickman, who has been with Summit for 6 years and is our exercise physiologist at The Peak, Carmody, and Goodson, will be leading the program with Cathy Voita, the exercise physiologist at the Trails Recreation Center. See our website for more information:

<http://www.summitcancersolutions.org/training.html>

Summit Hiking Club

Sandy will be offering six hikes on Saturdays starting April 24th. Hikes will start at 9am, rain or shine! RSVP to Sandy for each hike at least one week before the hike is scheduled at sandyd@summitcancersolutions.org or 303-409-2207. The degree of difficulty will be easy to moderate - so everyone can participate. Location will vary each week. Feel free to bring a friend!! See our website for more details and a printable flyer:

<http://www.summitcancersolutions.org/specialevents.html>

National Cancer Survivors Day

Mark your calendars for June 6th - National Cancer Survivors Day at Exempla Lutheran Medical Center. This event includes the "Great Harvest Bread Walk", cake & ice cream, and the opportunity to gather information from numerous cancer organizations that will be in attendance. Summit will be there and I hope you will, too!

Team Survivor Rocky Mountain Fitness Camp Attention ladies!! Summit Cancer Solutions, in cooperation with Team Survivor Rocky Mountain, is presenting a fitness camp for female cancer survivors who are interested in training for an event or just want more detailed information about fitness. The next two topics are "Training for the Novice, Casual, or Elite Athlete" by Susan Williams, an Olympic medalist, on April 29th and "Lifestyle Activities & Lymphedema Management" by Julia Osborne, a Cancer Rehabilitation Consultant, & our very own SANDY DICKMAN, Exercise Physiologist, on May 27th. These sessions are FREE and anyone can attend (you do not need to be a cancer survivor to attend). The sessions will be held at the Peak in Littleton at 6:30. More details available at:

<http://www.summitcancersolutions.org/specialevents.html>.

Back by Popular Demand

Summit will be hosting three wine tasting fundraisers again this year. Tentative dates are June in Aspen, August in Wheat Ridge, and September in Boulder. Stay tuned for more information!

Comedy for a Cause

Summit is also planning a Comedy for a Cause event at the Bovine Metropolis Theater in Denver this Spring. The Theater specializes in live, hilarious improvisation and we will have the theater to

ourselves for the evening, with food and drink included. Please watch the website for more information and ticket sales!

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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