



## ***SUMMIT CANCER SOLUTIONS***

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

#### ***New Recreation Center-Parker***

**Thanks to the grant from the Colorado Department of Public Health and Environment's Cancer, Cardiovascular, and Pulmonary Disease program (CCPD), Summit will be opening its program in another recreation center! The Parker Recreation Center will begin classes in early June. We can now serve cancer survivors in Parker and the southeast Denver metro area. Watch our website for developments and help us spread the word!**

#### ***News & Events section on our Website - check it out!***

**There is a new section on our website dedicated to Summit in the news! Click on the [News & Events webpage](#) to read participant stories and other newsworthy events. These stories will surely encourage you to keep moving!**

#### ***Susan G. Komen Grant***

**The Denver Affiliate of Susan G. Komen for the Cure® awarded a grant to Summit to enroll 13 low income breast cancer survivors into our program in 2009/2010. Summit staff attended the Hope for the Cure event on April 9th to receive the award.**

**At that same event, Summit Board member Lisa Gundersen**

presented the second annual Karen Hornbostel Community Champion award to Project Angel Heart for their work in providing meals to the homes of breast cancer survivors.

### **Goodsearch and Goodshop**

You are using the internet anyway, so why not put your time and money to good use? Summit is now signed up with both Goodsearch and Goodshop. If you use Goodsearch as your search engine, every search brings in money for Summit.

[Click here](#) to go to the Goodsearch website. Purchasing items through Goodshop donates up to 30% of your purchase to Summit. [Click here](#) to go to the Goodshop website.

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### ***What's exciting...***

#### **The Trails Recreation Center**

Thanks again to the Colorado Department of Public Health and Environment's CCPD program, Summit's program is up and running at the Trails Recreation Center in Centennial. Enrollment has been fabulous! Our program is now more accessible to those living in Centennial, Aurora, and the surrounding areas.

#### **The Lance Armstrong Foundation Scholarships**

Almost two hundred scholarships from the Lance Armstrong Foundation have been given out to Summit participants over the last few years. The final scholarships from this foundation were awarded this month. We are very grateful for the support!

Scholarships are still available from other sources for newly enrolled participants.

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## Coming Up...

### Summit Hiking Club

Come out and hike with Sandy!! Sandy will be offering six hikes on Saturdays. Hikes will start at 10am...rain or shine. The degree of difficulty will be easy to moderate - so everyone can participate!

The location will vary each week and will be posted on the [News & Events page](#) of our website. You will need to sign a release waiver to participate. Feel free to bring a friend!

RSVP to Sandy for each hike one week before the scheduled date: [sandyd@summitcancersolutions.org](mailto:sandyd@summitcancersolutions.org) or 303-409-2207. When you RSVP, Sandy will give you the details of each hike (length, elevation, and directions) the Wednesday before the hike. The hike dates are: April 25, May 16, June 6, June 27, July 18, and August 1.

### Wine Tastings

Last summer's wine tastings were so much fun and such a wonderful success that we will be offering another series this summer! Last year, 200 people participated in the wine tastings and raised over \$10,000 for Summit! We are planning to meet or beat that goal this year! We need a team of volunteers to help plan this year's wine tastings, door prizes and "drawings". We are also looking for two or three individuals to host wine tastings at their

homes. Let us know if you can help!! Dates and locations will be posted on the [News & Events page](#) of our website in the next few weeks.

### **Tai Chi Classes**

Summit sponsored a Tai Chi demonstration at the Goodson Recreation Center in February, and response was so good that we held a 6 week Tai Chi class. The class was so well received that we are planning another 6 week session at Goodson, and a demonstration at the Wheat Ridge Recreation Center in May! Details will be available soon.

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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. The cost is only \$150 due to grants, and scholarships are available!

### ***Contact us today!***

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