

Fitness Fun for Female Cancer Survivors

Monthly fitness topics include:

February 25th, Medical Considerations for Cancer Fitness by Dr. Dev Paul, Medical Oncologist & Sandra Walters, R.N.,CBPN-C

March 25th, Inspiring the Athlete Within by Sally Edwards, National spokesperson for Danskin and Trek

April 29th, Training for the Novice, Casual, or Elite Athlete by Susan Williams, Olympic Bronze medalist

May 27th, Lifestyle Activities & Lymphedema Management by Julia Osborne, PT., Cancer Rehabilitation Consultant & Sandy Dickman, Exercise Physiologist, Summit Cancer Solutions

June 24th, Putting it all Together for a Fun-Packed Summer, by Celeste and Yoli, from Team CWW

Open to female cancer survivors in ALL stages of fitness and recovery!

WHEN? 6:30-8:30pm, last Thursday of the month beginning February 25th

WHERE? Peak Community Wellness Center, 6612 S. Ward St., Littleton, 80127

FREE!!



Do it for you!!!

Want more information? Contact Connie Carson at 720-635-3823 or concarson@aol.com or Sheri Archer at 720-234-6925 or sheri.archer@newwaveenviro.com

Sponsored by:

ROCKY MOUNTAIN TEAM SURVIVOR, Sport and support, www.rockymtn-teamsurvivor.org
SUMMIT CANCER SOLUTIONS, An Exercise Program for Cancer Survivors, www.summitcancersolutions.org
LIFESPARK CANCER RESOURCES, Hands-On Energy Therapies for Individuals with Cancer, www.lifesparkknow.org
TEAM CWW, Helping Women Train for Athletic Events, www.cww-triathlon.org
ANDRE CENTER FOR BREAST CANCER EDUCATION & NAVIGATION, www.andrecenter.org
ONCOLOGY REHAB, ðConnecting Recovery to Survivorshipö, www.oncologyrehab.org
ONCOLOGY AND WOMEN'S SERVICE LINES AT TMCA/CENTENNIAL MEDICAL PLAZA