



October 11, 2007

FOR IMMEDIATE RELEASE
UPCOMING EVENT

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Circle of Hope: Cancer Survivor Workshop

Longmont United Hospital will hold a cancer survivor workshop on Saturday, October 20, 2007 from 9 am to 3 pm. at Longmont United Hospital, Matisse/Davinci Rooms, 1950 Mountain View Avenue, Longmont.

This workshop is appropriate for women and men currently in treatment, as well as longtime survivors. Dr. Robert E. Fisher of the Longmont Rocky Mountain Cancer Centers and Dr. Fran Mason of Pinnacle-Center for Cancer Survivorship will discuss the latest in cancer treatment and suggest ways to promote a healthy lifestyle after diagnosis.

Participants will have the opportunity to experience gentle Qi Gong movement exercises and practice stress reduction breathing techniques, as well as engage in supportive conversations about self-care. All participants will receive a gift certificate to receive a complimentary 20 minute massage session at the Health Center of Integrated Therapies, or at PrestigePLUS, Longmont Senior Center.

Cost is \$30 and includes a continental breakfast, lunch and snacks. Scholarships are available for those with financial hardships. Please contact Martha Vincent at 303-710-9850 with any questions or to request a partial or complete scholarship.

To register for the workshop, contact 303-485-4184.
