

EASE Cancer Foundation

A registered 501(c)(3) non-profit corporation based in North Central Washington, dedicated to providing innovative educational programs for cancer survivors and enhancing cancer survivorship services in rural areas.

Your participation in the **Trails of Cancer Survivorship Walk** helps support the **EASE Cancer Foundation** and their educational programs for cancer survivors and ongoing efforts to enhance community-based cancer services.

EASE Cancer Foundation provides the following:

Designing and facilitating educational workshops for cancer survivors, which specifically address lifestyle modifications to improve quality of life, promote optimal physical functioning, and reduce cancer risk.

Providing educational workshops for primary care providers emphasizing cancer survivorship issues.

Promoting and conducting research regarding cancer survivorship and cancer prevention.

Empowering cancer survivors to take an active role in their well-being.

Enhancing local resources for cancer survivors and their primary care providers, which support ongoing healthy lifestyle habits.

Designing, implementing, and facilitating community-based survivorship rehabilitation programs in collaboration with the Wenatchee YMCA, Central Washington University, and Wenatchee Valley Medical Center.



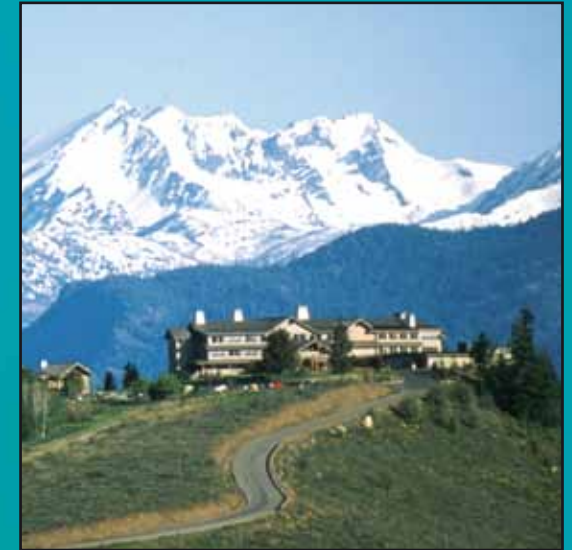
Trails of Cancer Survivorship

The EASE Cancer Foundation
PO Box 377
Cashmere, WA, 98815

Phone: 509-860-1322
Fax: 509-782-5320
www.easecancer.org

Walk, Hike, or Trail Run

TO SUPPORT
EASE Cancer Foundation



Trails of Cancer Survivorship

Saturday May 5th, 2012

SPONSORED BY:
*Sun Mountain Lodge
Winthrop, WA*



EASE Cancer Foundation

EXERCISE AND SURVIVORSHIP EDUCATION

a 501(c)(3) non-profit corporation

Join Us!!

Please join us in this fund raising event to support the **EASE Cancer Foundation!** Walks, hikes, and trail runs are available for all ages and abilities. **EASE** is the acronym for **Exercise and Survivorship Education.**

Mission Statement

The mission of the **EASE Cancer Foundation** is to provide innovative educational programs and enhance cancer services for cancer survivors and their primary care providers with an emphasis on rural, underserved communities.

Live Music

Sum Guy is a unique blend of original folk/rock, spoken word, and performance art. Sum Guy wants to be a musician when he grows up, but in the meantime he is content to write songs, play guitar, sing, howl, growl, grovel and laugh, and he invites you to share the experience.



Linda Waterfall Recently named Seattle's top singer-songwriter in the Seattle Times, Linda has been active in the Northwest music culture since the late 70's. She has released twelve recordings of original songs and choral music. Linda is a cancer survivor, completing cancer treatment in 1999.

Saddle Rockers Bluegrass and Classic Rock at it's finest! Join Dr. Dave Notter, Chuck Egner, Jac Tiechner, Chris Rader, and Bruce McWhirter for some fun loving, foot stomping music. This music is guaranteed for a good time!

Shake Your Soul

Teri Hugo Hirss, M.Ed. Teri, an Expressive Movement Therapist earned a certificate in body-mind psychology from Harvard Medical School and is a certified Shake Your Soul/Kripalu Yoga Dance instructor. Finding joy and renewing your spirit is at the center of this YogaDance experience.

Photography

Alan Kearney is an accomplished professional photographer, world class climber, writer, and artist. Alan has been publishing photographs and writing about the outdoors since 1975. His work has appeared in *Alpinist*, *Climbing*, *Rock and Ice*, *Men's Health*, *Newsweek*, and *Outside Magazine*.

Itinerary

Trails of Cancer Survivorship
Enjoy at your own pace

Friday, May 4th

5:30-6:30 Shake Your Soul
with Teri Hugo Hirss, M.Ed.

Saturday, May 5th

8am Registration Opens:
Sun Mountain Lodge Lobby &
Chickadee Trailhead

7:30-8:30 Buffet Breakfast

8:30-9:00 Yoga & Stretching

9am to 4pm **Trails of Cancer Survivorship**
Support walk, hike or trail run

12:00-1:00 Lunch at Old Homestead
with Live Outdoor Music

4:30-5:00 Yoga & Stretching

5:30-6:30 Happy Hour with Music by
Sum Guy (no-host bar)

6:30-7:30 Dinner and Slide Show
with Alan Kearney

7:30-8:30 Music with singer songwriter
Linda Waterfall

8:30-9:30 Bluegrass Music with
Saddle Rockers



© Alan Kearney



Registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Registration Fees

Suggested Donation \$50 for
Trails of Cancer Survivorship Walk

Method of Payment

Check Visa MasterCard

Please make checks payable to **EASE Cancer Foundation.**

Card number: _____ Exp. Date: _____

Cardholder name: _____

Cardholder address and zip code: _____
(if different from registration info above.)

Cardholder signature _____

Special Offer by Sun Mountain Lodge!

Sun Mountain Lodge is offering two night packages that include Shake You Soul Friday evening, Friday night room, breakfast, lunch, dinner, and entertainment on Saturday evening, plus Saturday night room starting at \$175 per person based on double occupancy.

All gourmet meals are prepared by
Chef Russel Bradshaw, C.E.C.

★ Lunch only at Old Homestead _____ \$20

★ Dinner, slide show, and music for Saturday night _____ \$35

★ All meals, slide show, and music Saturday night _____ \$75

Reservations required. For more information contact
Sun Mountain Lodge Reservations Office at
800-572-0493 or 509-996-2211