

## 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 on-going 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.
- ✦ Design and facilitate community-based cancer survivorship rehabilitation and wellness program in collaboration with the Wellness Place, Wenatchee YMCA, Central Washington University, and Wenatchee Valley Medical Center.



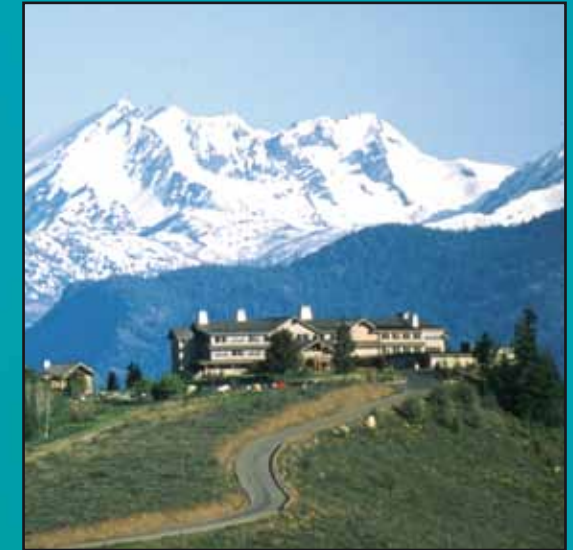
## Trails of Cancer Survivorship

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

Phone: 509-860-1322  
Fax: 509-782-5320  
[www.easecancer.org](http://www.easecancer.org)

# Walk, Hike, or Trail Run

TO SUPPORT  
**EASE Cancer Foundation**



Trails of Cancer Survivorship

*Saturday May 18th, 2013*

SPONSORED BY:  
*Sun Mountain Lodge  
Wintrop, 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

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



**The LakeBoys** are Greg Kennedy and Arthur Dunn, a musical duo residing in the Lake Chelan area. It's hard to believe it's just two guys playing all that music. Be sure to bring your dancing shoes for an evening of special entertainment!



## Itinerary

### Trails of Cancer Survivorship *Enjoy at your own pace*

#### Saturday, May 18th

9:00-10:00 Registration Opens:  
Chickadee Trailhead

**10am to 2pm Trails of Cancer Survivorship  
Support Walk**  
*\*Everyone starts together*

12:00-1:30 Lunch at Old Homestead  
*(box lunch through SML)*

5:00-5:30 Happy Hour (no-host bar)

5:30-6:30 Dinner "Mountain Buffett"  
*\*Presentation about EASE  
during dinner*

6:30-8:00 Music by The Lakeboys

8:00-9:30 Bluegrass Music  
with the Saddle Rockers



© Alan Kearney



© Alan Kearney

## Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home phone: \_\_\_\_\_

Cell phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

### Registration Fees

\$50 Suggested donation for  
Trails of Cancer Survivorship Walk

\$50 Gourmet dinner, music,  
and evening entertainment.

### 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 \_\_\_\_\_

Events directly benefit the E.A.S.E Cancer Foundation.

**Mail this registration form or Register online at  
[www.easecancer.org](http://www.easecancer.org)**

### Special Offer by Sun Mountain Lodge!

Special room rates are available starting at \$85 per room plus tax. Reservations required. For more information and reservations, please call

Sun Mountain Lodge Reservations Office at  
800-572- 0493.