

ABOUT OUR CAUSE:

Kick'n Cancer New Beginnings has been helping cancer survivors since 2002. It is our mission to provide compassionate support for cancer survivors* through exercise programs, massage therapy, and nutrition counseling.

Currently, our elected board members for 2016 are Cyndy Caldwell, Melissa Woodbury, Herb Bitting, Lisa Newman, Amy Smith, Randy Wells, Ron Martin and Rod Harwood.

We also rely on past and current members of the Spirit Program to provide leadership and support in administering our programs. If you are interested in being involved as a volunteer, please contact a board member.



* Certain exclusions may apply.

Version 3/8/2016

Fundraising for The Spirit Program:

We are fortunate to have had many organizations and volunteers who have helped us raise funds for The Spirit Program. The current fundraiser event is our **Kick'N Cancer Golf Classic**. Past events have included: **Kick'N Cancer Celebration of Life Western Gala**, **Fall Fashions for Survivors**, and **Walk for Life Benefit**.

In addition, many funds are raised during the Pendleton Roundup **"Tough Enough to Wear Pink"** day in September. We gratefully acknowledge the Pendleton Round-Up Association board, sponsors and many people who have donated their time and funds to this special event.



Our organization supports
the
Spirit Program
for all cancer survivors
by providing:

- PERSONAL TRAINING
- MASSAGE THERAPY
- NUTRITION COUNSELING
- PILATES/EXERCISE CLASSES

Located at

Roundup Athletic Club

1415 Southgate • Pendleton, OR 97801

541-276-0880

For intake consultations, please
contact Debra Shampine at
(509) 301-2295

For information and a packet, please
call the above number or visit the
Roundup Athletic Club

PERSONAL TRAINING

Exercise is a wonderful way to promote the healing process. Most cancer survivors have lost strength and suffer from fatigue. A safe and professionally designed exercise program will help in your journey towards recovery.

We have Certified Cancer Exercise Specialists to help you. Please call Debra Champine for an intake consultation appointment: Business Cell: (509) 301-2295

Debra Champine

- *Spirit Program Fitness Director
- *ACE Certified Personal Trainer
- *Cancer Exercise Specialist



Mikki McGirr

- *Spirit Program Fitness Trainer
- *NFPT Certified Personal Trainer
- *Cancer Exercise Specialist



Dale Freeman

- *Spirit Program Fitness Trainer
- *M.S. Physical Education
- *Physical Education/ Health Educator - 30 years



MASSAGE THERAPY

PILATES TRAINING

The Pilates method of body conditioning is a unique method of exercising. These classes help with strengthening, stretching, posture and balance. All classes are taught by Shelly Zander, who has eight years of experience.

Please call Shelly for an appointment:
541) 379-6562



Shelly Zander

- *SCW Specialty Certified in Pilates Matwork Fundamentals
- *Group Fitness Certified

NUTRITIONAL COUNSELING

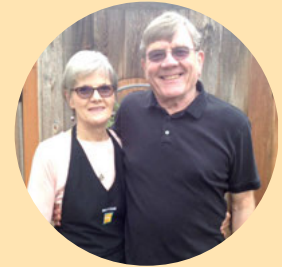
Christine Guenther at CHI St. Anthony Hospital will help you with your nutrition questions and concerns.

Her contact phone number is
(541) 278-3235.



Christine Guenther

- *Registered Dietician



Massage affects you on all levels of your being. Physically it relaxes and tones muscle tissue, reduces pain and relieves myofascial trigger points. It can also increase circulation and reduce blood pressure and heart rate. Mentally and emotionally, massage helps relieve stress, reduce anxiety and increases mental clarity. Cancer survivors can especially benefit from the stimulation of the lymph fluid throughout the body.

Full Circle Bodywork and Massage Ron and Terri Hahn

- *Licensed Massage Professionals
- *Cancer Massage Specialists
- 727 S. Main Street
Pendleton, OR 97801
(541) 276-4383