

# **YOU ARE INVITED**

Sunday: April 29th, 2007  
1:00 pm - 5:00 pm at SouthPark Marriott

## **Living Better... Living Well.**

*A cancer survivor's guide to complementary alternative & integrative therapies.*

The Leukemia & Lymphoma Society and its community partners invite all oncology patients and caregivers to an educational workshop and exposition about complementary alternative and integrative therapies. Workshop is free and light refreshments will be served. Attendees can call 704.998.5012 x209 to pre-register.

- 1:15 – 1:45      **"Exercise and the Cancer Patient"**  
Tara Ballard, MES, Cancer Exercise Specialist - Presbyterian Cancer Center
  
- 2:00 – 2:30      **"Relaxation Therapy and Stress Reduction"**  
Jack Riley, PhD - Rehabilitation Center
  
- 2:45 – 3:15      **"Nutrition and the Cancer Patient"**  
Michelle Gay, MS, RD, LDN - Presbyterian Cancer Center
  
- 3:30 – 4:00      **"Herbal Therapy from the Patient's Perspective"**  
Marva Adams - Myeloma Survivor  
Donna Randolph - Certified Colon Hydrotherapist, Healthy Connection
  
- 4:15 – 4:45      **"Benefits of Yoga & Integrative Health to Those Living with Cancer"**  
Anne P. Lee - Carolinas Integrative Health, Carolinas HealthCare System

