



ATTENTION: News Director

FOR MORE INFORMATION CONTACT

Gabbi DeWitt, Event Organizer

319-292-2225

Dee Hughes, BPT Chair

319-235-3179

FOR IMMEDIATE RELEASE

Living After Cancer

The Beyond Pink TEAM is hosting its next “Meet, Mingle and Learn” event Tuesday, June 17 from 4:30-7 pm at the Cedar Valley Unitarian Universalists building, 3912 Cedar Heights Drive, Cedar Falls.

Angie Hemesath, ACE, is a Certified Yoga Instructor and Certified Personal Trainer from In Home Fitness. Angie will talk to participants about the importance of movement as part of everyday health. Participants should come dressed in something that is easy for them to move in, as they will be encouraged (but not required) to try some light yoga movements.

This **FREE** event is open to women living with any type cancer diagnosis. Activities are planned from 4:30 to 7 p.m., but Angie Hemesath will speak from 6-6:45pm. There will be light refreshments available courtesy of Panera Bread Bakery- Café, and smoothie sampling will be available as well.

The schedule for the evening is:

4:30–5:00 pm Refreshments and table discussions begin

5:00–6:00 pm Table Discussions

6:00-6:45 pm Angie Hemesath, Yoga Instructor

6:45-7:00 pm Wrap up and final questions

For more information about the “Meet, Mingle and Learn” Cancer Survivor Event call Gabbi DeWitt at 319-292-2225 or Dee Hughes at 319-235-3179; or go to the Beyond Pink TEAM website at www.cedarvalleybreastcancer.org.

The Beyond Pink TEAM is part of the Cedar Valley Cancer Committee, and is a non-profit organization made possible by the collaborative efforts of many health organizations, businesses and dedicated individuals’ throughout the Cedar Valley. The Beyond Pink TEAM’s mission is to provide breast cancer prevention, education, support and advocacy for comprehensive, quality care in the Cedar Valley and surrounding communities. Going beyond pink ribbons, beyond pink light bulbs, beyond pink trinkets; Beyond Pink, we accomplish our mission by **T**aking action, **E**ducating, **A**dvocating and **M**aking a difference.

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