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**Fellowships Awarded for 2010 Canyon Ranch Institute® LIVESTRONG®  
“Celebrating Life After Cancer” Program**

**TUCSON, Ariz., Sept. 27, 2010** – Canyon Ranch Institute® (CRI) and LIVESTRONG® have selected eight cancer survivors to participate in the week-long *Celebrating Life After Cancer* program at Canyon Ranch in Tucson, Ariz., October 24-31, 2010. The CRI LIVESTRONG Fellows will experience first-hand integrative approaches to health and wellness by participating in activities developed by Canyon Ranch and CRI experts on a variety of topics including nutrition, exercise, and stress management. The Fellows were selected through a competitive application process.

**Jere (California)** has undergone treatment for three different cancers over the past 13 years. The most recent cancer was detected just four months after a medical exam and tests indicated she was cancer free. Jere is looking forward to developing a personal plan and sharing her experience at Canyon Ranch with other survivors who want to live stronger and longer. Jere is a long-time volunteer for LIVESTRONG and has traveled to Washington, D.C., to advocate for issues related to cancer and funding.

**Mary (Arizona)** says that her cancer diagnosis hit her “like a brick.” Approaching the five-year anniversary of the completion of her treatment, she realizes she has many years ahead of her, so Mary wants to allow herself to have more “me time,” learn more about nutrition, and to make a plan for regular exercise. Her goal is to learn how to make her body stronger and healthier and to keep it that way.

**Carmen (Ohio)** is committed to rebuilding her life and boosting her immune system so that she can live a long and healthful life. She has been an active participant in her recovery but has also survived the death of her mother to cancer, a job loss, house fire, relocation, and surgery. Carmen explains that “living with and sharing with other survivors in an integrative atmosphere that provides balance and support will assist me in discovering and developing my spirituality as part of my journey.”

**Sue (Arizona)** says her life was changed forever when she was laid off after 10 years as a school social worker and diagnosed with cancer on the same day. She feels that being a cancer survivor carries conflicting messages: the ominous threat of recurrence contrasts the resulting expectation that this very threat prompts her to appreciate life more fully. She plans to use her experience to forge a new lifestyle that discards the old obstacles and allows her to live the life that she chooses.

**Susan (Ohio)** lives with two chronic diseases: Crohn’s disease and cancer. She hopes to find and adhere to a lifestyle regimen that will enable her to take care of her body in a way that gives her optimum energy and vitality. She wants to move from being afraid of cancer to being an educated and inspired survivor who sleeps well. Susan says the outcome she most desires is to learn all she can and use that information to help other survivors reach their goals – “Live, Learn and Pass it On.”

**Sandy (Minnesota)** works six days a week and wonders if she is taking proper care of herself physically and emotionally. She knows that stress “is a very bad thing” and would love to learn how to live in a peaceful way, eat healthily, and exercise effectively. Most of all, Sandy wants to be proactive about protecting her health and share what she learns at Canyon Ranch with other survivors.

**Theresa (Arizona)** is a single mom who is healing from cancer and raising two children after losing her husband to Lou Gehrig’s disease six years ago. She explains her husband’s death as “a journey that left an emotional scar on our hearts, but also left us with the knowledge and understanding of what it means to have faith, compassion, and love for everyone.” In her home, Theresa also cares for her aging mother who also faces health challenges. She wants to feel healthy again in both mind and body.

**Andrea (Ohio)** says the road through cancer treatment has been rough. She has had multiple surgeries and needs a jump-start to get her life back on track with the right exercise and strength-training routine and attention to some aspects of health and well-being that go beyond the physical. Andrea explains, “I laugh a fair amount, lean on the people who are around me as well as on an enduring personal faith, and I am *very* grateful to be alive.”

Now in its second year, the successful CRI LIVESTRONG Fellowship Program originated in 2009. CRI LIVESTRONG Fellows are selected based on a review of their interest in integrative health, cancer prevention and survivorship, and economic need. Fellows receive at no charge accommodations for seven nights, all meals, access to lectures and activities, and an allowance for integrative services and consultations with Canyon Ranch health and lifestyle experts.

CRI and LIVESTRONG formed a partnership in January 2008 to focus on improving cancer prevention and survivorship. The first program of the partnership was to develop a *National Call to Action on Cancer Prevention and Survivorship*. The *National Call to Action* outlines a battle plan in the new war on cancer and serves as a roadmap for all Americans – including cancer survivors, health care professionals, policymakers, employers, educators, insurers, and scientists – to identify the best strategies for cancer prevention and survivorship and make both cancer prevention and survivorship a national priority.

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### **About Canyon Ranch Institute®**

Canyon Ranch Institute (CRI) is a non-profit organization that catalyzes the possibility of optimal health for all people by translating the best practices of Canyon Ranch and our partners to help educate, inspire, and empower *every person* to prevent disease and embrace a life of wellness. Canyon Ranch Institute and our partners believe in the power and possibility of a healthy world. More information is available at [www.canyonranchinstitute.org](http://www.canyonranchinstitute.org).

### **About LIVESTRONG®**

Founded in 1997 by cancer survivor and champion cyclist Lance Armstrong and based in Austin, Texas, LIVESTRONG fights for the 28 million people around the world living with cancer today. LIVESTRONG connects individuals to the support they need, leverages funding and resources to spur innovation and engages communities and leaders to drive social change. Known for the iconic yellow wristband, LIVESTRONG’s mission is to inspire and empower anyone affected by cancer. For more information, visit [LIVESTRONG.org](http://LIVESTRONG.org).