



NEWS RELEASE
For Immediate Release

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St. Luke's MSTI Hosts Event for Cancer Survivors

Boise – Inspiration, support and tools cancer survivors can use will be the focus of St. Luke's Survivors Night Tuesday, Sept. 15.

The free event, sponsored by St. Luke's Mountain States Tumor Institute (MSTI), will be held from 5 p.m. to 8:30 p.m. in the Lemhi room at St. Luke's Meridian Medical Center. A full-slate of presenters is scheduled and dinner provided by Pfizer will be served.

Advance registration is required. Visit www.stlukesonline.org and click on "classes and events" for Boise/Meridian under the topic "cancer related" or contact Call St. Luke's at 381-9000.

The event kicks off with a presentation from Gary and Marlys Johnson, who founded the organization Cancer Adventures after Gary was diagnosed with metastatic prostate cancer.

Early in Gary's diagnosis, the couple decided to be proactive, approaching the cancer treatment with a positive attitude and complementing it with a focus on nutrition, physical activity and stress management.

Recognizing that they weren't alone in their battle, the couple saw a purpose in their fight and decided to share what they have learned to help others. They published a book highlighting real-life cancer heroes from across the country who are giving back – *Cancer Adventures: Turning Loss into Triumph* and launched www.canceradventures.org to promote healthier living and increased physical activity.

The remainder of the evening will include presentations on exercise, nutrition and stress reduction.

Marilyn McAllister, St. Luke's MSTI Integrative Medicine exercise class instructor and owner of Your Fitness Your Life, will review the importance of exercise for cancer survivors and offer examples of easy exercises that can be incorporated into a daily routine.

Following dinner, Rhone Levin, an oncology dietitian at St. Luke's MSTI, will review nutrition concerns for the cancer survivor. She will offer tips on eating healthy while providing an overview of what foods to incorporate into your diet and what foods to avoid.

Carolyn Beaver, a registered yoga instructor with St. Luke's Mountain States Tumor Institute (MSTI) Integrative Medicine Program, will wind up the evening with a presentation on the topic "You are What You Think – The Mind-Body Connection."

Beaver will focus on the role of stress and how it makes us more vulnerable to disease. She will offer participants a look at typical stress triggers and provide quick and easy ways people can "reset the stress clock."

Founded in 1969, St. Luke's Mountain States Tumor Institute has treated nearly 60,000 patients and has become one of the Northwest's most respected cancer care centers providing the region's most advanced cancer care therapies with the added benefit of allowing most patients to remain close to home.

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