



**Congratulations to TSLA survivors Kelly Liegois, Ginny Shoren, Roz Silver and volunteers Ni Bueno (COACH!!), Heather Carter, Lindsay Connors and Rachel Rivera who completed the 2004 Danskin triathlon! They are joined by an excited cadre of well wishers who walked with the team at the San Dimas swim-bike-run course on June 6th.**

*Come out to cheer on our teams !!!*

**Dragon Boat Races**

**Long Beach  
July 31-Aug 1**

**Newport Beach  
August 15**  
*See p 2 for details*

**Save the Dates**

**October 23  
Spanish Language  
Nutrition & Yoga  
Workshops**

**November 13  
PedalMania**

**LA Marathon  
March 6, 2005**

*Call to be on our  
training info list*

*Thank you to all the participants and volunteers  
at the Revlon Run/Walk on May 8th!  
We couldn't do it without you!*

**Highlights**

**STUDIO CYCLING**

**6 classes  
Each week!**

**LifeStyles for Health  
Glendale**

*See page 2 for details*

**NEW!!  
YOGA**

**Daniel Freeman Hospital**

**Inglewood**

*Starts Wednesday July 7*

*See page 2 for details*

**Moonlight Hike  
&  
Picnic Potluck**

**Saturday July 31**

**Carpool leaves at 4 pm**  
*See page 3 for details*



## PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

**Call TS office at 310/477-8557 to register for all classes**

### DRAGON BOATING

#### The 2004 Season Is in High Gear!!!

##### **Long Beach**

Each team of 20 paddles in unison to the beat of a drum. You get a full body workout, strengthen mental focus and breathing, build team spirit...and have fun!

##### **Newport Beach**

Each team of 20 paddles in unison to the beat of a drum. You get a full body workout, strengthen mental focus and breathing, build team spirit...and have fun!

#### **RECRUITING: Paddlers, Callers, and Steerers**

*Callers need smaller builds but big voices!*

*Steerers need small/average builds with good balance.*

- ◆ **We are all beginners learning proper paddling techniques—no experience necessary.**
- ◆ **Lifejackets and equipment provided.**

**Anyone can practice with us—we need to fill seats during practices. Invite family & friends.**

Weekly Coached Practice Schedule

- ◆ **Long Beach:** Sat. 7:30 am & Wed. 6:00 pm
- ◆ **Newport Beach:** Sunday 10:00 am
- ◆ Stay tuned for Cardiovascular Interval & Flexibility training before or after boating practice

**Contact Linda (323) 221-2334 or Judy (714) 373-2448 for information and directions to practices.**

#### **2004 DRAGON BOAT RACE SCHEDULE:**

Even if you're not paddling with the team, we LOVE a good cheering section—so come watch and support us!

**July 31– August 1: Long Beach, CA**

**August 15: Newport Beach, CA**

**Sept 3-5: Seattle, WA**

**Sept 25-26: San Francisco, CA**

### INDOOR CORE FITNESS / RESISTANCE TRAINING

**Pasadena** Exercise Specialist Mike Strickland, NASM CPT

- ◆ Tuesdays 7:00\* - 8:00 p.m.
- ◆ Breakthru Fitness, 87 Fraser Alley, Pasadena. (Lower floor of 88 W. Colorado Blvd & Fraser Alley.) Located on corner of Delacey St. & Colorado Blvd., in Old Town Pasadena. Free 90 minute parking in Delacey St. parking structure.
- ◆ \*If first time, must RSVP and arrive by 6:45 pm or earlier to review fitness needs with trainer. Ask for Mike.

### STUDIO CYCLING

**Glendale— LifeStyles for Health**

- ◆ 6 Indoor Cycling classes each week:  
Tue/Thur 7—8 am -and- Mon/Wed 6—7 pm -and-  
Tue 5:30—6:30 pm - and - Sat 8-9 am
- ◆ Pulse Fitness Systems, 612 E. Glenoaks Blvd., Glendale. Ask for Cindy.
- ◆ \*Must RSVP at TS office. On first session, please arrive 15 minutes early to review fitness needs with instructor.

### LYING DOWN & LETTING GO™ and YOGA

#### **Burbank SUMMER!!**

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Summer session July 12—September 13
- ◆ Providence St. Joseph Medical Center, corner of Buena Vista and Alameda; Ask front desk for room number & validated parking
- ◆ Driving west: Exit 134 frwy at Buena Vista. North on Buena Vista, left on Alameda, left into main parking lot.
- ◆ Driving east: Exit 134 frwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right to main parking lot.
- ◆ Taught by Florencia

#### **East LA \*\*\*COMING SOON!\*\*\***

Contact Shirley Smith (323)756-9862 or TS Office

#### **Inglewood - Daniel Freeman Memorial Hospital NEW!**

- ◆ Wednesdays, 6:00—7:15 p.m.
- ◆ 8 week session July 7—August 25
- ◆ Daniel Freeman Inglewood Hospital, 333 N. Prairie Ave. (between Manchester & Florence)
- ◆ Street parking or self-pay hospital lot
- ◆ Enter Administration Building (left of hospital main entrance) Security guard will give temporary pass & direct you to Conference Room C

#### **Los Angeles—Stentorian Fire Station Yoga**

- ◆ Thursdays, 6:00—7:00 pm
- ◆ 1409 W. Vernon Ave., LA Northwest corner of Vernon & Normandie
- ◆ Free parking, enter lot from Normandie

#### **Redondo Beach -The Wellness Community South Bay**

- ◆ Thursdays 6:00 - 7:00 p.m.
- ◆ 109 West Torrance Blvd., Redondo Beach
- ◆ From Torrance Blvd., cross PCH & Catalina, see ocean, start downhill and turn right into 2nd driveway. Push button to get ticket, go to upper parking lot. Building 109 at end of parking lot.
- ◆ Bring a quarter (25 cents) for City parking.

#### **Sherman Oaks - weSpark Cancer Support Center**

- ◆ On summer hiatus!
- ◆ 13520 Ventura Blvd, Sherman Oaks
- ◆ Fall session resumes in September

#### **West Los Angeles Lying Down & Letting Go™**

- ◆ On summer hiatus!
- ◆ Wilshire Blvd. Temple at 11661 W. Olympic, LA
- ◆ Fall session resumes September 7



## PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

### HIKING

#### Sat. July 31—Mt. Gleason, Angeles Crest

This hike is open to family and friends! Plans features a late afternoon start with moonlight return.

- ◆ Leave from meeting place in Van Nuys at 4pm
- ◆ Return by 10 pm
- ◆ Pot luck picnic supper
- ◆ Approximately 5 miles moderate pace, some uphill
- ◆ Please wear hiking boots, bring water, jacket
- ◆ Great conversation and scenery!
- ◆ RSVP to 310/477-8557 by July 23  
group size is limited!

\* \* \* \* \*

**NOTICE: Hiking / Outdoor education  
Our series has been postponed. If you are interested in being on our hiking list please call the office to sign up!**

### AQUATICS

#### Brentwood/Mount St Mary's College: Swimming/ Aqua Exercise

- ◆ Select Sundays, 11:00 a.m. - 12:00 p.m.
- ◆ **July 18**
- ◆ **Call to inquire about August date**
- ◆ 12001 Chalon Road, LA
- ◆ West on Sunset Blvd., turn right on Bundy Drive. Travel 1.5 miles to Norman Pl. and turn right. Turn left at the end of Norman onto Chalon Rd. Drive way for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.
- ◆ Contact TSLA Office (310) 477-8557 for more info.

#### YWCA Santa Monica Westside Encore Program

- ◆ Thursday 10:30 a.m. @ Loews Santa Monica Hotel
- ◆ Guided exercise in heated pool and peer support for women who have had breast cancer surgery.
- ◆ Call Sharon Donaldson at (310) 452-3881

### BIKING - OUTDOOR

#### Van Nuys to Lake Balboa—Outdoor Biking

- ◆ Most Tue & Sat mornings depending on weather & holiday
- ◆ Ride to Lake Balboa to meet the walking group
- ◆ Call to coordinate with Ruth at (818) 782-6074

### WALK & TALK GROUPS

#### Van Nuys Lake Balboa Park—Walk & Talk

- ◆ Tuesdays 7:30 a.m. **-AND-** Saturdays 8:30 a.m.
- ◆ Lake Balboa Park; Exit 101 frwy @ Balboa, turn north. Cross Burbank Blvd., turn east into 1st entrance of park; drive up and around curve; park in first lot on left. Meet @ junction of sidewalk & walking path.
- ◆ Contact Catherine at (818) 901-1812

#### Griffith Park—Walk & Talk

- ◆ Call Patrice at (323) 906-1195 to set time and location.

#### Pasadena Rose Bowl—Walk & Talk

- ◆ Thursdays, 5:30 p.m.
- ◆ Meet at entrance to Parking Lot K on Seco Street, near the bridge over the wash.
- ◆ Contact Linda at (323) 221-2334

#### Santa Monica—Walk & Talk

- ◆ Saturdays, rotates every week: 9:30 am -or- 10:30 am
- ◆ Location rotates each week: Palisades Park -or- In front of Shutters Hotel @ Pico Blvd.
- ◆ Contact Diane at (310) 497-7772

**All participants must have  
Medical Release & Information  
Waivers on file before attending  
classes and events.  
Contact TS at 310/477-8557**

### OTHER RESOURCES & SUPPORT CENTERS

#### The Wellness Community—South Bay Cities

A free program of support, education, and hope for people with cancer and their loved ones.

- ◆ (310) 376-3550 or visit [www.wellnessandcancer.org](http://www.wellnessandcancer.org)
- ◆ Support Groups, Informational Lectures, Nutritional Lunches, Writing Workshops, Yoga, Tai Chi, more.

#### The Wellness Community—Foothills

- ◆ Support Groups, Informational Lectures, Nutritional Lunches, Writing Workshops, Yoga, Tai Chi, more.
- ◆ [www.thewellnesscommunity.org/foothills](http://www.thewellnesscommunity.org/foothills)  
(626)796-1083

#### St. Vincent Medical Center—Los Angeles

Claudia at (213) 484-7887; Seton Hall, 201 S Alvarado

#### weSpark Cancer Support Center

Offers various groups, programs, activities, and classes to lighten and enhance your journey in recovery.

- ◆ (818) 906-3022 or visit [www.wespark.org](http://www.wespark.org)

#### UCLA Ted Mann Family Resource Center

Research/Resource/Support Groups & Lecture Series  
(310) 794-6644 or [CancerResources@mednet.ucla.edu](mailto:CancerResources@mednet.ucla.edu)

#### YWCA—Santa Monica

MANY classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. Pay only a small per-class fee.

- ◆ 2019 14th St. Santa Monica— 310/452-3881



**Los Angeles Area Program**

11110 W. Ohio Ave.  
 Ste. #111  
 Los Angeles, CA 90025  
 (310) 477-8557 phone  
 (310) 477-4669 fax  
 info@teamsurvivor-la.org

TEAM Survivor Los Angeles is an Area Program of TEAM Survivor California, a non-profit 501(c)(3) organization founded in 1999 to provide free exercise, health education and support programs for all women living with cancer. Our mission is to enable women to take an active role in regaining and maintaining their health and well-being. Our programs are designed to make exercise a fun and supportive experience. Participants are required to have a medical release before participating in TEAM Survivor events or programs. Please contact our office for more information on how to participate or find the Area Programs nearest you.

**THANK YOU to our Host Facilities & Supporting Organizations**

- ◆ Breakthru Fitness
- ◆ Daniel Freeman Memorial Hospital Inglewood
- ◆ Dr. Howard Chen / ICEA
- ◆ Food 4 Less Imperial/Western
- ◆ LA Stentorian Fire Station
- ◆ Lifestyles for Health
- ◆ Mount St. Mary's College
- ◆ Providence / St. Joseph Medical Center
- ◆ The Wellness Community—Foothills
- ◆ The Wellness Community—South Bay
- ◆ weSpark Cancer Support Ctr
- ◆ Wilshire Boulevard Temple
- ◆ YAS Yoga & Spinning
- ◆ YWCA Santa Monica/Westside

NONPROFIT ORG  
 U.S. POSTAGE  
**PAID**  
 PERMIT NO. 601  
 Santa Monica, CA

*To be added or removed from the Team Survivor mailing list  
 Please contact Lindsay at 310-477-8557 or lindsay@teamsurvivor-la.org*

**TEAM Survivor Los Angeles Organization & Program Leaders**

**Executive Director**

Melinda Ewen

**Administrative Asst**

Lindsay Connors

**Hours: M-F 9am—noon**

**Program Director**

Shirley Smith

**Dragon Boat Captains**

Judy Burrows  
 Karren Ganstwig  
 Linda Gero  
 TK Kimura

**Outdoor Hiking & Backpacking Leaders**

Bruce Rankin  
 Catherine Wagar

**Indoor Fitness Trainer**

Mike Strickland

**Studio Cycling**

Cindy Miller

**Board of Directors**

Pamela Burton  
 Linda Gero  
 Bruce Rankin  
 Catherine Wagar  
 Karen Van Kirk

**Professional Advisory Board**

Marilou Terpenning, M.D.  
 Kimberly Fowler, J.D.  
 Sharon Donaldson, YWCA  
 Florencia Dunayevich, R.D.  
 Samantha Wood, M.P.T.

**Lying Down & Letting Go™ & Yoga Instructors**

Florencia Dunayevich  
 Joyce Gauss  
 Olivia Israel  
 Karen Penhale

**Griffith Park Walk Leader**

Patrice Grullion

**Pasadena Walk Leader**

Linda Gero

**Santa Monica Walk Leaders**

Diane Schreiber  
 Sonya Telias

**Swimming/Aquatics YWCA Encore Coaches**

Lindsay Connors  
 Sharon Donaldson

**Triathlon Coach**

Ni Bueno

**Van Nuys Walk/Outdoor Bike Leaders**

Ruth Berk  
 Georgia Gowin  
 Gertrude Lewis  
 Catherine Wagar