



PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

DRAGON BOATING

NOW: 3 LOCATIONS & MULTIPLE TEAMS!

Long Beach Marina del Rey Orange County Breast Cancer Survivors & All-Cancer Survivors

Be part of a team of 20 paddling in unison to the beat of a drum. You'll get a great full body workout, strengthen your mental focus, build teamwork, and regulate your breathing....all while having fun!

*Studies show that it does not cause/affect Lymphedema.

RECRUITING: Paddlers, Callers, and Steerers.

(Callers need smaller builds but big voices! And Steerers need small to average builds with good balance.)

What does all this mean? Come check us out!

- ◆ We are all beginners learning proper paddling techniques—no requirements or experience necessary.
- ◆ Lifejackets and equipment provided.
- ◆ Coached practices are held Saturday mornings in Long Beach and Orange County—call for times and directions.
- ◆ **Open Practices—friends & family invited to paddle**
- ◆ 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 BOATING RACE SCHEDULE:

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

June 18-20: Vancouver, BC Canada
July: Long Beach, CA
August: Newport Beach, CA
Sept 3-5: Seattle, WA
Sept 25-26: San Francisco, CA

POOL AQUATICS

Westside Swimming / Aqua Exercise* *in cooperation with the Encore Program from the YWCA Santa Monica/Westside

- ◆ 11:00 a.m. - 12:00 p.m., 2 Sundays per month, depends on pool schedule. Upcoming Sundays are:
Mar. 7 & 28, Apr. 4 & 18, May 2 & 9
- ◆ Mount St. Mary's College, 12001 Chalon Road
- ◆ 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. Driveway for College on the right. Stop at gate for directions to Fitness Center/Pool. Free parking at the College.
- ◆ Contact TSLA Office (310) 829-7849 for more info.

INDOOR CORE FITNESS & RESISTANCE TRAINING

Pasadena

with Exercise Specialist Mike Strickland, NASM CPT
 Must call TSLA Office to register prior to attending for first time: (310) 829-7849

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

LYING DOWN & LETTING GO™ YOGA CLASSES

Burbank

- ◆ Mondays, 7:00 - 8:30 p.m.
- ◆ Spring 10 week session begins April 19th
- ◆ Hosted by Providence St. Joseph Medical Center, corner of Buena Vista and Alameda
- ◆ Directions heading west: Exit 134 frwy at Buena Vista. North on Buena Vista, left on Alameda, left into main hospital parking lot.
- ◆ Directions heading east: Exit 134 frwy at Buena Vista. Left on Bob Hope Drive, right on Alameda, right into main hospital parking lot.
- ◆ Ask at front desk for directions to class.
- ◆ Validated parking. Suggested to bring yoga mat, blanket, water and socks.
- ◆ Contact TSLA Office (310) 829-7849 to register.

Metro Los Angeles—Stentorian Fire Station

- ◆ Weekly, Thursdays, 6:00—7:00 pm
- ◆ Limited space, so RSVP if its first time.
- ◆ 1409 W. Vernon Ave., Los Angeles, CA 90062; Northwest corner of Vernon & Normandie;
- ◆ Free parking, enter lot from Normandie
- ◆ Contact Shirley Smith at (323) 756-9862 or TSLA Office (310) 829-7849 to register.

Metro Los Angeles—T.H.E. Clinic

- ◆ 1st, 3rd, 4th (& 5th) Saturdays, 10:00—11:15 am (On the 2nd Saturday of each month will be a special activity announced the week prior.)
- ◆ 3860 MLK Jr. Blvd., Los Angeles, CA 90008; 2 blocks west of Crenshaw Blvd., on south side of MLK Jr. Blvd.; Free parking.
- ◆ Contact Shirley Smith (323) 756-9862 or TSLA Office (310) 829-7849 to register.

Metro Los Angeles—East Los Angeles—New!!!

- ◆ Coming soon—call or email to register.
- ◆ (310) 829-7849 or info@teamsurvivor-la.org

Redondo Beach

- ◆ Weekly, Thursdays 6:00 - 7:00 p.m.
- ◆ The Wellness Community—South Bay Cities, 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. See building 109 at end of parking lot.
- ◆ Bring a quarter (25 cents) for City of Redondo parking box.
- ◆ Contact TSLA Office (310) 829-7849 to register.

Sherman Oaks—New!!!

- ◆ Coming soon—call or email to register.
- ◆ (310) 829-7849 or info@teamsurvivor-la.org

West Los Angeles

- ◆ Spring 10 week session begins April 20th
- ◆ Tuesdays, 7:00 - 8:30 p.m.
- ◆ Hosted by Wilshire Boulevard Temple (dance studio); Irmas Campus: 11661 W. Olympic Blvd., Los Angeles, CA 90064; Northeast corner of Olympic and Barrington
- ◆ Free parking - enter lot off of Barrington
- ◆ Contact TSLA Office (310) 829-7849 to register.



PROGRAM BULLETIN: LOCATIONS, TIMES & PLACES

OUTDOOR TRAINING: WALKING, BIKING, & HIKING GROUPS

Griffith Park—Walk & Talk

- ◆ Arrange with Patrice the day before (by 8 pm Monday) for the exact time and location. It will be an "early-riser" Tuesday morning walk for the next few months
- ◆ Contact Patrice at (323) 906-1195

Metro L.A.—Walk & Talk

- ◆ 2nd Saturday of every month, 10 a.m.—varies
- ◆ Location and activity will vary each month
- ◆ Based from yoga class @ T.H.E. Clinic—see yoga info
- ◆ Contact Shirley at (323) 756-9862

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:
Call for time: 9:30 am -or- 10:30 am
- ◆ Location—rotates each week:
Call each week: Palisades Park -or-
In front of Shutters Hotel @ Pico Blvd. & beach
- ◆ Contact Diane at (310) 497-7772

HIKING, BACKPACKING & NATURE WALKS

- ◆ See flyer insert for 2004 schedule. MUST RSVP for each event (310) 829-7849 or info@teamsurvivor-la.org

Simi Valley—Walk & Talk

- ◆ Thursdays, 5:45 p.m.
- ◆ Meet at St. Rose of Lima Church, 1305 Royal Ave. in west parking lot. From 118 frwy, take First St. exit, go south approx. 1.3 miles to Royal Ave. & turn left; corner of Royal & Pride, across from Royal H.S.
- ◆ Contact Cathy at (805) 526-7985 (evenings) or (818) 887-2400 x421 (days)

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

BIKING - OUTDOOR

Van Nuys to Lake Balboa—Outdoor Biking

- ◆ Most Tue & Sat., depending on weather & holidays
- ◆ Call first to coordinate with Ruth at (818) 782-6074

DANSKIN TRIATHLON TRAINING—see also front page

- ◆ We will train you! Contact Ni Bueno (310) 798-7153 or email at nbueno@teamsurvivor-la.org

AFFILIATE & PARTNER ORGANIZATIONS: RELATED EVENTS & PROGRAMS

Encore Program: YWCA Santa Monica/Westside

- ◆ **Thurs, 10:30 a.m. @ Loews Santa Monica Hotel**
- ◆ Guided exercise in heated pool and informal peer support for women who have had breast cancer surgery. For other types of classes and workouts, mention Team Survivor and annual membership at this YWCA will be waived. Pay only a small per-class fee.
- ◆ **More info:** Call Sharon at (310) 452-3881

The Wellness Community—Foothills

Call (626) 796-1083 for info on the following:

- ◆ **New! "Speak Wellness Night" Mar. 19th 7-9 pm** An "Open Mic" opportunity for anyone to read their poetry, stories, and humor. Come enjoy this entertaining evening.
- ◆ Other classes offered by TWC-F—call for complete list:
 - Dynamic Strength Training:
Tue. 5:30-6:30 pm (Pas)
1st & 3rd Fri. 1:30 pm (Pas)
 - Tai Chi: Wed. 5:00-5:45 pm (Pas)
 - Yoga: Thur. 2:30-3:30 pm (Pas)
Wed. 2-3 pm (Burb)

Dynamic Strength Training—St. Vincent Med Ctr

- ◆ Mon 10:30-11:30a, Tue 2:30—3:30p, Thu 2-3p
- ◆ St. Vincent Medical Center, Seton Hall, 201 S. Alvarado St., L.A. Call Claudia at (213) 484-7887

The Wellness Community—South Bay Cities

Call (310) 376-3550 for info on the following:

- ◆ Nutritional Lunches & Speakers: 12:45pm
March 5 & 19, April 2, 16 & 30; Please RSVP.
- ◆ Sat. Mar. 6th 10-noon "Soul Dance: An Intro to GYRO-TONIC® & GYROKINESIS®" A new way of moving muscles, joints and spine for healthier posture & movement
- ◆ Other classes offered by TWC-SB—call for complete list
 - Yoga: Wed. 9:30-10:30 am, Fri. 2-3 pm
Thursdays, 6-7 pm (**TSLA class**)
 - Tai Chi: Thursdays, 9-10 am
 - Gyrotonics®: Mondays, 5-6 pm

UCLA Ted Mann Family Resource Center

Email: CancerResources@mednet.ucla.edu
Phone: (310) 794-6644

Weekly Support Groups—

Many options on times, days, and types of groups

Insights into Cancer Lectures—

- ◆ Mar. 9th: 7-9 pm "Lung Cancer & Its Treatment"
Diane Prager, MD
- ◆ Apr. 10th: 7-9 pm "Cancer Fighting Power of Herbs & Natural Compounds" Richard Pietras, MD, PhD



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

Los Angeles Area Program

1223 Wilshire Boulevard, #570
Santa Monica, CA 90403-5400
(310) 829-7849 phone
(310) 829-6959 fax
info@teamsurvivor-la.org
www.teamsurvivor-la.org
www.teamsurvivor.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 (*Pasadena*)
- ◆ L.A. Stentorian Fire Station (*Metro L.A.*)
- ◆ Mount St. Mary's College (*Brentwood*)
- ◆ Partnered for Progress (*Metro L.A.*)
- ◆ Providence / St. Joseph Medical Center (*Burbank*)
- ◆ T.H.E. Clinic (*Metro L.A.*)
- ◆ The Wellness Community—Foothills (*Pasadena*)
- ◆ The Wellness Community—South Bay (*Redondo Beach*)
- ◆ The Wellness Community—West Los Angeles
- ◆ Wilshire Boulevard Temple (*West Los Angeles*)
- ◆ YAS Yoga & Spinning Center (*Venice*)
- ◆ YOGItimes Magazine
- ◆ YWCA Santa Monica/Westside

TEAM Survivor Los Angeles Organization & Program Leaders

Executive Director

Karen Van Kirk
kvankirk@teamsurvivor-la.org

Administrative Director

Melinda Ewen
melinda@teamsurvivor-la.org

Outreach Director

Shirley Smith
shirley@teamsurvivor-la.org

Program Director

Keri Uejo
keri@teamsurvivor-la.org

**Program Specialist/
Triathlon Coach**

Ni Bueno
nbueno@teamsurvivor-la.org

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. & Founder of YAS
Sharon Donaldson,
YWCA Dir. of Programs
Florenca Dunayevich,
R.D. & Yoga Teacher
Samantha Wood,
MPT, The Cypress Center

Dragon Boat Captains

Judy Burrows
Karren Ganstwig
Linda Gero
TK Kimura

**Outdoor Hiking &
Backpacking Leaders**

Bruce Rankin
Catherine Wagar

Indoor Fitness Trainer

Mike Strickland

Swim/YWCA Encore Coach

Lindsay Connors

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

Florenca 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

Simi Valley Walk Leader

Cathy Kocur

**Van Nuys Walk/
Outdoor Biking Leaders**

Ruth Berk
Georgia Gowin
Gertrude Lewis
Catherine Wagar