

DEFEATcancer



“The Importance of Self-Care”

with Diane Ervin, LCSW

Diane’s presentation will include practical take-home tips with optional activities!

Tuesday, February 14, 2012 – 5:30-7:30 pm

St. Charles-Bend w/ live broadcast to St. Charles-Redmond



Meet A Survivor:

Leanne Tingley shares her story and passion for hula hooping

Harvest 4 Health: Chocolate
with Carol Schrader, MPH, RD, CDE



Enjoy dinner on us! 541-706-3754 to RSVP
www.defeatcancer.info