

The **Massey Alliance** announces a new program presented at the 17th Street Farmers' Market. Focused on educating young professionals about cancer prevention through nutrition, fitness, and healthy living, the Alliance is offering two programs throughout the 2011 market season.



Community Exercise Classes

- Every Saturday at 10:00 am from May 7-September 10
- Outdoors at the Market (If raining, class moves indoors to Richmond Balance)
- Free! Open to the public
- Presented by Richmond Balance, Shockoe Bottom's neighborhood gym
- Cardio Circuit, Boot Camp, Yogilates, CORE, Body Strength, and more!
- Class type announced every Thursday on Massey Alliance Facebook page
- Learn how fitness and a healthy lifestyle helps prevent cancer
- Free, educational takeaway materials



Cancer Prevention Education Tables

- Monthly on Saturdays from 9 a.m. – 4 p.m. (May 7, June 4, July 2, August 6, September 3)
- Learn how nutrition and healthy eating helps prevent cancer
- Free, educational takeaway materials

Volunteers Needed!

Massey Alliance is seeking volunteers to staff the educational tables for half-day shifts. Interested volunteers must attend an informational class, taught by Massey's Dr. Diane Baer Wilson, Cancer Prevention & Control researcher, and Dr. Stephen Gudas, Physical Therapist specializing in Cancer Rehabilitation. The class will be held on **April 19 from 6:00-8:00 PM** at the Thalheimer Conference Room in the Massey Cancer Center's Goodwin Research Laboratory.

Email Courtney Tkacz (ccyevich@gmail.com) to attend the training session and sign up for volunteer shifts at the monthly educational tables. No RSVP required for any exercise classes.

The Massey Alliance is a group of young professionals dedicated to supporting the VCU Massey Cancer Center. Through volunteerism, community outreach and fundraising, the Alliance expresses its strong support for the people and programs at Massey.

