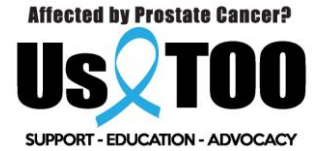




Johnny Payne
Leader



Us TOO Prostate Cancer Education and Support Group Harvey Floyd Chapter, Greenville, SC



www.ustoopstatesc.org
www.facebook.com/UsTOOgreenvilleSC
www.facebook.com/UpstateProstateCancerAlliance



LIFELINE



January 2017

(Someone to talk to....who understands)

Greetings to all the members and supporters of the Harvey Floyd Chapter of Us TOO .

Our support group vision is: *“To provide the highest level of leadership, compassion and promotion of an enhanced understanding of prostate cancer while improving the quality of life for survivors, their families and men at risk through proactive programs and positions”.*

Physical Fitness and Prostate Cancer

There's abundant evidence that exercise can help prevent people from getting cancer. The latest information shows that exercise for cancer patients can also keep cancer from recurring.

Recent studies suggest that higher levels of physical activity are associated with a reduced risk of the cancer returning as well as longer survival after a cancer diagnosis,

In studies of several different cancers, being overweight after completing treatment was associated with shorter survival times and higher risk of cancer recurrence.. Source: WebMD

For our January Support Group meeting *The SPORTSCLUB of SC @ Five Forks* will present exercises for men to stay healthy and fit. A qualified trainer will be present along with another member of the club to provide information on Health & Fitness for prostate Cancer survivors.

Click here for a short video on Fitness & Cancer:

<http://www.msn.com/en-ca/health/other/exercise-and-cancer/vp-AAkrWzy>

We look forward to seeing you on Monday, January 9th at 7:00 p.m.

<p align="center"><u>Upcoming Outreach Events</u></p> <p>Jan. 19th- SCCA PCa Work Group Conference Call</p> <p>Feb. 27th- ZERO Summit to end Prostate Cancer Washington DC</p>	<p align="center"><u>Upcoming Meetings</u></p> <p>Feb.6th - Dr. William Flannigan, MD Greenville Health System - Regional Urology Topic: GHS Men's Health Center</p> <table border="0"> <tr><td>Chapter Leader</td><td>Johnny Payne</td><td>864-616-0923</td></tr> <tr><td>Assistant Leader</td><td>Bob Cardone</td><td>864- 630-0362</td></tr> <tr><td>Associate Leader</td><td>Bob Milks</td><td>864-414-7780</td></tr> <tr><td>Associate Leader</td><td>John Boyle</td><td>864-201-2193</td></tr> </table>	Chapter Leader	Johnny Payne	864-616-0923	Assistant Leader	Bob Cardone	864- 630-0362	Associate Leader	Bob Milks	864-414-7780	Associate Leader	John Boyle	864-201-2193	<p>We thank Laura Brasington of AbbVie Pharmaceuticals & the Upstate Prostate Cancer Alliance for sponsoring our refreshments</p>
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<p>Thanks to the Greenville Health System for your support. Thanks to the American Cancer Society for help in printing and mailing of this newsletter.</p>	<p>Please let me know if there are any changes to our database. Also let me know if you have any questions or If you desire <u>not</u> to receive this newsletter Contact John Boyle @ 864-288-1251 or email johnHelenBoyle@charter.net</p>													

Meetings are held at Fellowship Greenville Church, 3161 S. Highway 14, the 1st Monday of each month at 7:00 pm (no meetings June, July or August): Directions: From the intersection of I85 and I385 – Take I85N toward airport 3.3 miles, exit 54: bear to the right onto Pelham Road; Follow Pelham Road 1.7 miles to Highway 14: Turn right – Fellowship Greenville will be just down the road ½ mile on the left. (For information. call 414-7780 or 616-0923)