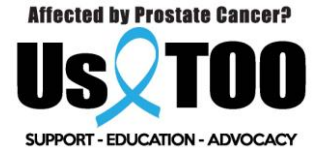




Johnny Payne
Leader



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



February 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

(Make up Topic from January)

Exercise has many of the same benefits for cancer survivors as it does for other adults. Some of these benefits include an increased level of fitness, greater muscle strength, leaner body mass, and less weight . Exercise for Prostate Cancer patients can make you fitter, stronger, and thinner -- like anyone else who exercises.

Exercise can also:

- Improve mood.
- Boost self-confidence.
- Reduce fatigue.
- Lower your risk of cardiovascular disease and diabetes.

Source: WebMD

For our February 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.

We look forward to seeing you on Monday, February 6th at 7:00 p.m.

<p align="center"><u>Upcoming Outreach Events</u></p> <p>Feb. 10th- "Stick It To Cancer" with the Greenville Swamp Rabbits Hockey Team</p> <p>Feb. 27th- ZERO Summit to end Prostate Cancer Washington DC</p>	<p align="center"><u>Upcoming Meetings</u></p> <p>Mar. 6th -Kelly Jamerson -American Cancer Society</p> <p>Apr. 3rd-To Be Announced</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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Thanks to the Greenville Health System for your support.
Thanks to the American Cancer Society for help in printing and mailing of this newsletter.

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 not to receive this newsletter Contact John Boyle @ 864-288-1251 or email johnHelenBoyle@charter.net**

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)