



In This Issue - Wellness Conference Success | CRG Deal | Workshops | LA Testifys before Congress !

Welcome to the fall issue of the newsletter. We are improving sales each month - and doubled our sales in the month of July! For questions, tech support, or to place an order, contact [www.medhealthfit.com](http://www.medhealthfit.com), or call us at **805-692-9929 (toll free order: 888-880-5227)**



### A successful Michigan Wellness Conference !

On the strength of our strong presentations, the first annual Michigan Cancer Wellness Conference in East Lansing, MI was a big success. We reached our attendance goal, and had some impressive lectures from U of M professors Dr.s Cindy Pfalzer and Jackie Drouin, and MSU nutrition professor Dr. Norm Hord.

Special thanks to the Michigan Athletic Club Conference Center, and to Sparrow Health Systems and Arbonne Int. as our sponsors. We are already planning for a 2003 event in Michigan.



Dr.s Jacke Drouin and Cindy Pfalzer during our conference break. (bottom). Dr. Norm Hord from MSU addresses the attendees.

### Our NEW web site

September marks our re-design of the Medical Health and Wellness web site. We have changed our entire venue to reflect the different aspects of our products, workshops, and services. Visit [www.medhealthfit.com](http://www.medhealthfit.com) to see our changes!



### MHF signs new deal with Clinic Resource Group

Colorado-based CRG is the nation's leading clinical business-building and referral corporation.

This month MHF signed a deal with Mr. David Bloom - President of Colorado-based Clinical Resource Group to include Cancer Wellness products and consulting services to the menu of clinical programs offered through CRG. This relationship will expose Cancer Wellness to thousands of clinics and therapy practices across the nation. ([www.clinicresourcegroup.com](http://www.clinicresourcegroup.com))

More photos from the MI Wellness Conference



Panel Discussion with Dr. Pfalzer and Rose Nowak.



Paula Curtis and Rose Nowak from Thunder Bay Cancer Program in Alpena, MI.



Audience members from Hurley Medical Center, Borgess Fitness, University of Toledo, and Sparrow Health Systems were a few of our attendees at the first annual MI conference.

Lance Armstrong to testify before Congress on Survivorship Issues

On September 17-18, Lance Armstrong met with the President, Congressional leaders, and the public health community to encourage support of new cancer survivorship initiatives and legislation, including H.R. 4963, "**The Cancer Survivorship Research and Quality of Life Act of 2002**," introduced by Representatives Steny Hoyer (D-Md.) and Roger Wicker (R-Miss.). Sponsored by a bipartisan group of Congressional leaders, this legislation will expand research and quality of life programs for cancer survivors at the National Cancer Institute (NCI) and the Centers for Disease Control and Prevention (CDC).

For the past several months, the **Lance Armstrong Foundation** has been working to educate lawmakers and the public about the needs of cancer survivors and their families. There are over 9 million people living in the U.S. today who have or have had cancer. More and more people are surviving cancer each year: 62 percent of adults diagnosed with cancer and 77 % of children diagnosed with cancer today will be alive five years from now. Yet, of an estimated \$180 billion dollars in direct and indirect cancer costs each year, only a small percentage is directed at cancer survivorship. Last year, the NCI invested less than \$4.25 per cancer survivor in long-term cancer survivorship research.

Lance agrees that "cancer survivorship means living with, through and beyond cancer." As one who has shown the world what cancer survivorship can mean, Lance now is working to help others meet their challenges as they live through and beyond cancer.

Workshop / Conference Schedule

DATES	LOCATION	TIMES	EVENT / CONFERENCE
Oct. 10-12	Chicago, IL	11:00- 5:00	MFA conference - McCormick Convention Center conference
Nov. 15-16	Las Vegas, NV	11:00- 5:00	ACSM conference - Tropicana Hotel and Casino
<u>2003 Schedule</u>			
January 11	Phoenix, AZ	9:00 - 5:00	Cancer Wellness Workshop - Renaissance Club Downtown
Jan. 31 / Feb 1	Fairfax, VA	9:00 - 5:00	Exercise Medicine and Cancer Wellness Workshop - Gold's Gym
February 14	Nashville, TN	9:00 - 5:00	Cancer Wellness Workshop - TBA
February 15	Cape Corral, FL	9:00 - 5:00	Cancer Wellness Workshop - Lee Memorial Wellness Center
Feb 26-Mar 1	IHRSA	8:00 - 5:00	San Francisco Moscone Convention Center
March 8	Minnetonka, MN	9:00 - 5:00	Cancer Wellness Workshop - The Marsh
March 22	Pittsburgh, PA	9:00 - 5:00	Cancer Wellness Workshop - Cameron Wellness Center
April 4-5	Little Rock, AR	9:00 am	Cancer Wellness presentation - CARTI
April 12	Houston, TX	9:00 - 5:00	Cancer Wellness workshop - Club Corp
April 13	Austin, TX	all day	Ride for the Roses fund raising event

For questions regarding our content - email at [edurak@medhealthfit.com](mailto:edurak@medhealthfit.com), or call **805-692-9929**.