

Relay For Life

A 24-hour event!

Saturday, Aug. 12, 10 a.m.

to Sunday, Aug. 13, 10 a.m.

Cowlitz County Expo Center



You can help fight cancer One step at a time

Help raise funds and awareness for cancer research and prevention. Enjoy entertainment, food, and cancer education throughout the relay, and form your own team to walk or run the track.

- Cancer survivors celebrate with a special kick-off victory lap.
- Free healthcare information and sunscreen.

- Free PSA (prostate-specific antigen) tests for men 50 and older for a limited time during the relay.
- Hear keynote speaker and Relay For Life founder Gordon Klatt, MD.
- Celebrate hope and perseverance in the fight against cancer with the spectacular candlelight luminaria ceremony.

Contact Arlene Hubble at **(360) 425-7707** or Tom Gunn at **(360) 423-1237** to learn more.



Your local cancer center: State-of-the-art, close to home

As your local cancer care center, we provide state-of-the-art care close to home for patients who need chemotherapy and radiation therapy. The Lower Columbia Regional Cancer Center offers the region's most comprehensive cancer services. These services include:

- Digital mammography.
- Surgery.
- Chemotherapy.
- Radiation therapy.
- Support services for patients, family, and friends.
- A tumor registry program.
- A highly trained, knowledgeable staff.

The Cancer Center was recently granted a three-year approval with commendation by the Commission on Cancer of the American College of Surgeons.

If you are interested in supporting local cancer services and making a donation to the Lower Columbia Regional Cancer Center, contact the St. John Medical Center Foundation at **(360) 414-7900**.

Buy a cookbook, support cancer research

Members of our local breast cancer support group, Arlene Hubble and Carol Locke, along with half of the Columbia Regional breast cancer support group, formed a Relay For Life team, The Hot Flashing Lumpy Ladies. This group has raised more money than any other team for the American Cancer Society Cowlitz Relay For Life. They produce and sell a yearly cookbook, with all profits benefiting the Relay For Life.

The group works tirelessly throughout the year selling items at bazaars and other fundraising activities, and you can see them in action at this year's Relay For Life. For information on the Relay for Life or to get a copy of their new cookbook, contact Arlene Hubble at **(360) 425-7707**. See page 11 to learn more about the breast cancer support group.



Your local cancer care team provides technical excellence with compassionate care for you and your loved ones close to home.