



# Cancer-Proof Your Life!

PRESENTED BY SISTER SUPPORT & HAIR PEACE CHARITIES

**OCTOBER 22 FROM 9 AM – 3 PM**  
at the Fox Chapel Golf  
426 Fox Chapel Road Pittsburgh, PA

Join us for this life-changing opportunity!  
**Cancer-Proof Your Life** is a day of workshops and presentations on becoming healthier with mind, body and spirit! We will help encourage those fighting cancer and those who never want to face cancer with presentations, speakers, and activities including a cooking class, tai chi, mindful stress reduction and more!

There will also be exciting vendors to speak to you about:

Vital nutrient supplementation | Cellular detoxification | Unknown potential cancer agents in your home | Acupuncture and Chinese medicine approaches | Chinese herbs | Hair Peace support during chemo therapy | Personal trainers | Essential Oils  
**You will not want to miss this information fun packed event!**

Our commitment is to provide for you the scientifically-based lifestyle approaches that are clinically proven to have an effect in all health related issues and specifically as they relate to cancer.

**REGISTER NOW:**  
[SISTERSUPPORT.COM/CANCER-PROOF](http://SISTERSUPPORT.COM/CANCER-PROOF)

*It is proven that over 90% of cancer is lifestyle related and therefore greatly within your control!*

**DON'T MISS PRESENTATIONS FROM THESE SPEAKERS!**

- **Dr. Hartford** will speak about why we get sick, why we get different sicknesses, and the role inflammation plays as it relates to not only cancer, but heart disease, osteoporosis and diabetes. She will show you how you can reverse the inflammatory process while sharing the 7 Habits for Health Rejuvenation and the 3 must avoid common mistakes people make.
- **Angelina Petrarca** - is the founder of 3 Elements and is dedicated to integrating Mind/Body/Spirit into whole living
- **Janet McKee** - Laugh and enjoy her fun approach to cooking, never again be stuck asking "what should I cook tonight?"
- **Elizabeth Cessna** - Science acknowledges that prayer and meditation are vital avenues to enhance your life, health and spirit. Elizabeth will provide a guided meditation you can do at home.
- **Donna Morosky** - Donna was the director of recreational fitness at Carnegie Mellon University. Donna will discuss the importance of exercise even while undergoing cancer treatment.
- **Helena Trent** - will take you on a movement journey as you slowly feel your own energy join with the group energy with Tai Chi.



Proceeds go to Hair Peace Charities, which helps cancer patients with wigs and more. Your ticket is fully tax deductible.  
Learn more at [sistersupport.com/cancer-proof](http://sistersupport.com/cancer-proof)