



OUT

Bosom Buddies of Arizona LOOK

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News, Education and Peer Support from Bosom Buddies ~ Arizona

Morning speakers included Susan Leigh, RN, BSN, co-founder of the National Coalition for Cancer Survivorship, Drs. Leona Downey and Patricia Thompson-Cariño, both Assistant Professors at the University of Arizona and the Arizona Cancer Center, Dr. Alison Stopeck, Associate Professor of Medicine at the U of A and the Clinical Director of the Arizona Cancer Center's Breast Cancer Clinic.



Keynote presenter, Susan Leigh with two NBC 2007 attendees on Sept. 29th.

Dr. Victoria Maizes, the Executive Director of the U of A's Integrative Medicine Program started off the afternoon followed by Katherine Hunt, MS, the Director of Mayo Clinic's Genetic Counseling Program, followed by BBA's own Kathy Zeitz, JD, and Karen Lewkowicz, RN(ret), BSN.

Each collaborative partner gave a short welcome. The Arizona Cancer Center's welcome was presented by Ginny Clements, who told her personal story of being diagnosed with breast cancer at age fifteen; she is now a 51 year survivor! Al Bravo from the COM-Phx, gave us a brief history of the beautifully restored 100 year old auditorium where the event was held, which was once the Phoenix Union High School Auditorium and now home to the new college of medicine.

Participants were asked to fill out evaluation forms. The feedback was very favorable and enthusiastic, encouraging Bosom Buddies of AZ to do it again. Stay posted...it is in the works! ☺

Zenergy Yoga Benefits Bosom Buddies of AZ

by Karen Lewkowicz

Meet Ali Kamen. Ali Kamen is the owner of **Zenergy Yoga** and a veteran youth and adult fitness and yoga instructor with over 15 years of combined experience. A

chance meeting between Karen Lewkowicz and Ali in a yoga class, brought two of Ali's passions together to benefit Bosom Buddies of Arizona. Zenergy Yoga opened its doors on October 6 and has offered over 20 free classes since its opening with participant donations going to BBA.

Her lifetime passion for fitness and public health education was paired with her compassion for her beloved friend, Lori Glazer, who lost her battle to breast cancer at age 33. When Ali decided to open her own yoga studio, she wanted to creatively find a way to incorporate her passion for public health education through the studio. She decided to dedicate the first month in Lori's honor and to breast cancer awareness and selected Bosom Buddies of Arizona as the grateful recipient.

Zenergy Yoga's Grand Opening is on November 3rd. A free 90-minute yoga class event, "Zenergy Yoga on the Rocks" is being offered from 8:00-9:30 am. Afterward, participants will enjoy complimentary bagels, tea, snacks and health education materials. **FREE** t-shirts and goodies will be given to those making a donation to BBA. Additional **FREE** yoga classes will be offered throughout the day and a variety of wellness-related businesses will be there showcasing their products and services. Bosom Buddies of AZ's Karen Lewkowicz, will also make a presentation on breast cancer at 10 am.

Ali earned a Master's degree in Public Health and has been a public health educator for the past decade. A former marathon runner, Ali has found that yoga has added balance and strength to her exercise regimen and calmness and clarity to her multi-tasking life.



Ali Kamen from Zenergy Yoga demonstrates a side arm balance.

Zenergy Yoga offers classes for everyone, from the beginner to the very experienced. Please support a local business that is supporting BBA. Check out the beautiful studio at 16447 N. 91st Street, #105 in Scottsdale inside AZ on the Rocks. Call 480-628-1453 or visit the web www.zenergyyoga.net for more information. And thanks, Ali, we're glad that we met you!! ☺



Bosom Buddies of Arizona is grateful for all the support received from the many Bosom Buddies who volunteered to make Navigating Breast Cancer 2007 such a success.

