

Hours
 M,T,Th 8am-4pm
 W 8am-7pm
 F 8am-3pm
 10-2pm 2nd Sat

The Victory Center

September 2010

Reaching out to cancer patients and their families



5532 W. Central Ave.
 Suite B
 Toledo, OH 43615

419-531-7600

Fax 419-531-7687

www.thevictorycenter.org



The Victory Center + Komen NW Ohio Race for the Cure

...A great combination!

Race Day: September 26th, 2010

Register with
 our team
 and join us
 race day!

Race Day Schedule:

- 8:00am Survivor Picture
- 8:15am Opening Ceremony and awards
- 8:30am Survivor Parade
- 9:30am 5k run and walk
- 10:00am Fun walk

Register online by September 17th, or turn in a registration form to TVC by September 10th. Questions? Call TVC at 419-531-7600.

Thank you to Komen for supporting TVC!



Belly Dancing * for Cancer Survivors!

Monday
 September 13th



Ladies Only!

6-7:00pm

Belly Dancing is a low impact dance technique that can help you achieve a more joyful body image. No dance experience necessary. Dance in your socks, barefoot, or soft shoes.

Facilitator: Racheal Wallace. Register early!



Guided Imagery

Tuesday, September 21st, 5-6:30pm

This new program at TVC is offered through a partnership with Mercy Cancer Centers. Guided Imagery creates a relaxing environment, with soft music combined with thought provoking, healing journeys. Reduce anxiety and other symptoms. Please bring a pillow and blanket to lie on. All TVC participants, survivors and their guests are invited to attend.

RSVP to TVC!!!



PLEASE VOTE!

Help The Victory Center win a Pepsi Refresh Grant!

We are competing to win a \$250,000 grant to get a bigger facility that better suits our various needs.

- ✓ Vote EVERY DAY from September 1st-30th.
- ✓ If you don't have an email, find someone who does, and ask them to vote for you!
- ✓ Post the Pepsi Grant flyer everywhere!
- ✓ Fast voting through **FACEBOOK!**
- ✓ TALK ABOUT IT with family and friends and ASK for their support!

Voting is online at www.refresheverything.com. It is simple to vote with an email address and your own password. If you need access to a computer in order to vote, please stop at the office where one will be made available to you.

A Totally FREE and EASY way to give back!

Get Twisted! With Yoga on St. Clair!

When: Sunday, September 19th 8:00am check-in

Register: 34 South Ct. Clair St. (outside event)

Cost: \$15 for class, or \$30 with t-shirt and yoga mat

Registration forms available at The Victory Center.

"Tuesdays with Jen"

Still Life Sketching



At Wildwood Metropark

Tuesday, September 21st 2-3:30pm

Have you ever taken the time to try your hand at sketching? Now's the time! We will meet at 2pm in front of the Window on Wildlife at Wildwood Metropark, then set out to find what inspires us! Register by 9/17!



AFTERNOON MOVIE!

September 10th from 1:00-2:30

Isn't it more fun to watch a movie with a group? We think so, too! Share a good movie, good company, and popcorn! This cozy group is limited to 8... Call to reserve your seat. *Now showing:*

"WHAT THE BLEEP DO WE KNOW?"

When Science and Spirituality come together
 ...fun and interesting!

Support Groups



Cancer Support Group

For anyone with any type of cancer,

Caregivers welcome!

Every Wednesday

6-7:30pm

Blood Cancer

In partnership with the

Leukemia and Lymphoma Society

Mon, September 20th

6-7:30pm

Advanced Cancer

Tues, September 7th

6-7:30pm

Breast Cancer

Sponsored by **Komen for the Cure**

Tues, September 14th and 28th

6-7:30pm

Breast Cancer Caregiver

Sponsored by **Komen for the Cure**

Tues, September 14th and 28th

6-7:30pm

Thank you...



...for your generous support of TVC!

Congratulations to
 EVOLV Give-Away

winner,

Karen Galloway!

This full color newsletter was made possible by the kind people at Maritz Research. Thank you!