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FOR IMMEDIATE RELEASE

## **Cancer Services Announces New ‘Fit and Fearless’ Exercise Program**

*Baton Rouge, LA – Aug. 28, 2007*—Cancer Services of Greater Baton Rouge is proud to announce that beginning Sept. 20, they will offer a new, free exercise program called ‘Fit and Fearless’ to cancer survivors in our local area.

This program, offered in reoccurring 6-week sessions, is specifically for those individuals who have completed treatment. ‘Fit and Fearless’ will feature strength training, cardiovascular exercises, flexibility and yoga. Certified Group Fitness Instructor, Laura LeBlanc, will conduct the classes at the BREC Park on Independence Blvd., directly across the street from the Cancer Services office.

“We feel that ‘Fit and Fearless’ will not only meet the important needs of physical activity, but give the benefit of a support system through group interaction as well,” said Cancer Services Executive Director, Mimi Riché. “It will be fun, inviting and best of all, convenient, for cancer survivors in our area.”

The program is made possible through a collaboration with the Baton Rouge General Medical Center, YWCA, Baton Rouge Recreation and Park Commission, Woman’s Wellness and Fitness Center, Baton Rouge Physical Therapy Lake, and American Cancer Society of Baton Rouge. Participants must have the signed consent of their physician to participate. Space is limited! For more information, please call Esther Sachse, program director, at 927-2273 or visit [www.cancerservices.org](http://www.cancerservices.org).

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Since 1959, Cancer Services of Greater Baton Rouge has provided free of charge programs, services, assistance and support to meet the changing medical, financial, educational and emotional needs of cancer patients and their families within a 10-parish area. Parishes served include: Ascension, East Baton Rouge, East Feliciana, Iberville, Livingston, Pointe Coupee, St. Helena, St. James, West Baton Rouge and West Feliciana. For more information, visit the Cancer Services website at [www.cancerservices.org](http://www.cancerservices.org).

**Our mission is to improve life for those living**

