



*helping cancer survivors heal*

## **re-org** review

Spring 2009

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**re-org believes** that every cancer survivor is an expert in their own survivorship.

**re-org facilitates** awareness and healing through massage therapy.

**re-org empowers** cancer survivors with tools to direct their own healing processes and improve their quality of life.

### **re-org news**

Happy Spring!  
This is my favorite time of year...when I can finally exhale and let my body, sore and aching from holding itself tight against the cold, relax. With warmer air and brighter days, it's hard to not feel optimistic about the days ahead.



**re-org** is taking our cues from nature, turning our faces toward the sun and embracing our growth. We are so happy to welcome our new clients, volunteers and supporters! If you'd like to be a part of our growth, here are some ways you can help:

- > **Spread the word.** **re-org** serves cancer survivors in the Denver metro area who are not actively receiving treatment and are within three years of finishing treatment. We offer five sessions free of charge and continuing sessions for a small donation.
- > **Volunteer.** We are currently accepting new volunteer therapists.
- > **Donate.** **re-org's** success depends on continued generous support from our community. To make a donation online, visit [www.re-orgdenver.org](http://www.re-orgdenver.org).

Best wishes to you,  
Robyn Aasmundstad  
Director, **re-org**

### **Survivor Spotlight**



I certainly haven't followed the typical route in life, or the one I thought I would follow. I was doing an interview for a magazine the other day and the reporter asked me how my cancer diagnosis impacted my life. There are so many answers to that question, but I told her about my change in perspective. When you are suddenly faced with your own mortality, you view your life in a whole different way.

The truth is, we do have control of how our lives turn out, and if at any moment we aren't happy with the way things are going, we can change them. Sometimes it takes a catalyst like cancer, divorce, or getting fired,



and other times, it just takes awareness. Too many of us are merely surviving, and not always paying attention to what we truly want. Take control of your life and figure it out. There is nothing more important.

*The above excerpt was taken from "Control: A Single Cell" by Tracy Maxwell. Tracy is a cancer survivor and a **re-org** board member. You can read her entire essay by clicking [here](#).*

### Massage Therapists Needed

**re-org** is able to provide the excellent service we do because of our amazing staff of volunteer massage therapists. As our client base grows, so does our need for volunteer therapists. If you or someone you know is interested in becoming a volunteer for **re-org**, please [contact us](#) or visit [our website](#) for more information. Requirements to volunteer:

- > Experienced and compassionate.
- > Available at least two hours per month.
- > Licensed in the state of Colorado.
- > Carry liability insurance.

### Upcoming Events

**National Young Adult Cancer Awareness Week** April 5-11, 2009 "National Young Adult Cancer Awareness Week" is sponsored by Vital Options International, in association with the LIVESTRONG™ Young Adult Alliance, a coalition of 110 national and international organizations committed to promoting research and improving survival rates and quality of life for young adults with cancer. [More info...](#)

**Network of Strength's Walk to Empower** May 10, 2009 This Mother's Day, join the Walk to Empower in City Park and raise funds to support Breast Cancer Network of Strength's (formerly Y-ME National Breast Cancer Organization) programs and services that are offered free of charge to anyone touched by breast cancer. [More info...](#)

**American Cancer Society's Relay for Life** May 30, 2009 The American Cancer Society's Relay For Life is celebrating 25 years of HOPE in 2009! Relay For Life events will be held in 24 communities throughout Denver, raising \$1.5 million for the fight against cancer. [More info...](#)

### Our Mission

**re-org** connects cancer survivors with qualified and compassionate massage therapists in the Denver area to provide bodywork sessions free of charge in hopes of continuing the healing process from and beyond standard treatments.

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