



## Schedule of Events

**8:00-8:45 am**

**Registration at Hampden Academy outdoor track:** 89 Western Ave., Hampden, ME

Pre-registration by calling the Bangor YMCA at (207) 941-2808 or online registration at [www.CaringConnectionsMaine.org](http://www.CaringConnectionsMaine.org) is preferred, but registration at event is accepted (\$12.00)

T-shirt available to purchase

**9:00-9:50 am**

**Opening Ceremony & Survivor Celebration at outdoor track**

Opening Remarks from Caring Connections and Maine Breast Cancer Coalition

Survivor Recognition/Celebration Lap with presentation of Ford Warriors in Pink Scarves by area Girl Scouts

Friends/Family/Supporters will join the survivors for an additional lap

**10:00 am – 12:00 pm Workshops and Classes inside Hampden Academy**

### Informational Workshops

**10:00-10:30 and 11:30-12:00 pm**

The Nutrition Connection (Room 115)

Presenter: Andrea Byther, MS, RD, CSO, LD

How does exercise and maintaining a healthy body weight help us reduce our risk of developing cancer? Does sugar feed cancer? What about soy? Andrea Byther, EMMC Cancer Dietitian will provide evidence-based answers to these common questions.

**10:00-10:30 and 11:30-12:00 pm**

Stress Resilience (Room 113)

Presenters: Lucie Graves, LCPC-C

Richard Lenfest-Gilbert, MSW, LCSW

How does stress impact our body and health? Are our coping strategies working? What are some things we can do to handle stress in a more healthy way? Lucie Graves, LCPC-C and Richard Lenfest-Gilbert, MSW, LCSW, Outpatient Adult Clinicians from Acadia Hospital will be discussing these things and more!

## **Group Fitness Sessions**

### **10:00-10:20**

Full Body Workout with Cooper (Room 109)

Use simple but effective strength and conditioning movements that will train your whole body from your nose to your toes!

Groove Together with Tracey (Multi-Purpose Room)

Sweat and smile during this energizing dance fitness class that lets you shimmy, shake, and wiggle to current and energizing songs!

### **10:45-11:05**

Gentle Yoga with Rollin (Room 109)

This slower moving class will emphasize traditional yoga poses and stretches with proper breathing to help you find tranquility and flexibility.

Zumba Gold with Andrea (Multi-Purpose Room)

Improve cardio fitness and balance in this dance fitness experience that offers fun dance moves offered at a lower intensity with great music!

### **11:30-11:50**

Yoga Flow with Katie (Room 109)

Bring balance to the body and mind through a series of flowing postures that emphasize mindfulness and improved balance and posture.

Defend together with Heidi (Multi-Purpose Room)

Burn calories and build strength using mixed martial arts style movements with thrilling music!

## **Information/Resource tables for Oct event:**

Caring Connections

Maine Breast Cancer Coalition

EMMC Breast and Osteoporosis Center

EMMC Breast Surgical Specialists

Acadia Hospital

Healing Touch

Whole Grain Bake Shop

Bangor Region YMCA

Pink Runway Project / Open Arms Group

Snow Goose Kitchen

Jamerry Nail Wraps

LuLaRoe clothing

Darling's Photo Booth