



Cancer Core Recovery
PROJECT

Dear Friend,

When my surgeon told me I had Stage 3C Ovarian Cancer and described what I was going to go through in order to survive, I was shocked.

When she showed me what my new body would look like I told her, “I’d rather die.” She reminded me that I had three gorgeous kids to live for, and that was the first time I had hope that I could survive cancer.

I always said that if I survived ovarian cancer that I would give back and help others have another chance at a better quality of life. When I was recovering there were no resources to help me regain basic strength and mobility while in the hospital.



Being a movement educator, I knew that exercise was the best medicine and that’s how I began my recovery. I started simple exercises right there in my hospital bed. This was something I knew that could help many others, especially those homebound cancer patients in their first few weeks of recovery.

I can tell you from first hand experience this was the most difficult phase of my own recovery.

Through my foundation **Cancer Core Recovery Project**, a 501(c)(3) nonprofit, I provide cancer survivors with safe movement exercises that help them rebuild their bodies. These are the very same sequence of movements that I did during my recovery and I know that they are simple and effective.

My book **Cancer Core Recovery: A Survivor’s Guide, Learn How To Rehabilitate Your Body After Cancer**, along with the companion **Cancer Core Recovery Workout DVD**, is made available to cancer survivors through your donations and cancer organizations throughout the U.S.

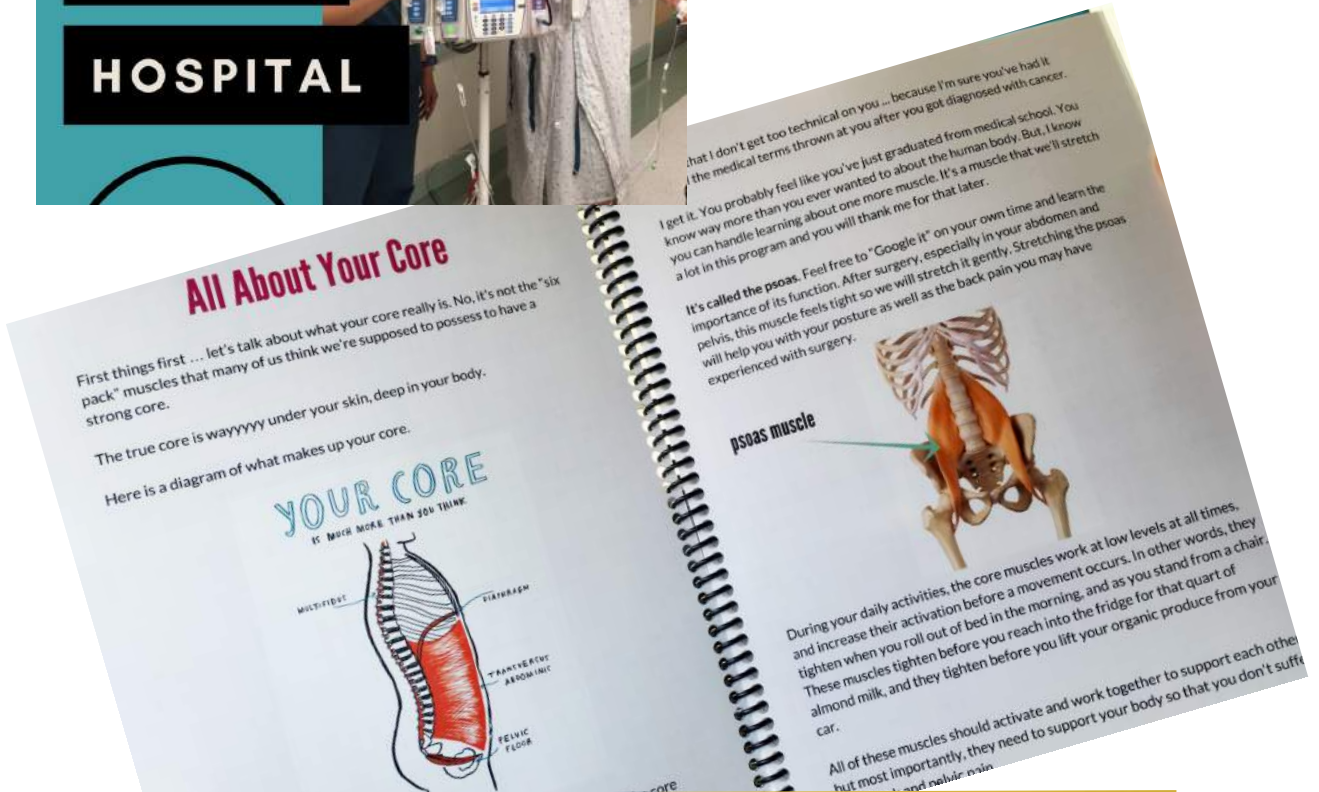
Kindest Regards,

Emilee Garfield, Stage 3C Ovarian Cancer Survivor
Founder of **Cancer Core Recovery Project**, a 501(c)(3) nonprofit.

Here's a sneak peek of my book, *Cancer Core Recovery: A Survivor's Guide, Learn How To Rehabilitate Your Body After Cancer.*



Visit my website:
www.cancercorerecovery.com



RELAXED (NEUTRAL) PELVIS

Relaxed pelvis sounds easy, right? It's not at this stage. After abdominal surgery, your pelvis and abdominals are tight and contracted which is why your body is hunched over.

Lie on your back with your knees bent and your feet flat.

Place your hands on your lower abdomen.

Breathe in, exhale and relax your pelvis.

Imagine relaxing your tailbone down into the bed. It should feel as if you are creating a little space in your lower back.

Check out my hands in the picture. They form a triangle with finger tips pointing at my pubic bone. It creates a relaxed, neutral pelvis.



PELVIC ARCH

Rock your pelvis forward creating an arch in the small of your back. This action actually feels good after abdominal surgery to gently stretch scar tissue.

Rock your pelvis from arch to neutral many times throughout the day when lying in bed.

This movement helps alleviate pain in the low back.

Tip your pubic bone forward & down to create a gentle rocking motion. This helps restore movement in your pelvic region.

Did you know that in 2017 alone 22,240 women have been diagnosed with Ovarian Cancer?

It is my mission to get my book in the hands of all of these women. And, I can do it with your help! Your donation makes a huge difference in the lives of cancer survivors.

Every dollar received goes to helping cancer survivors to recover and strengthen their bodies through our **Cancer Core Recovery Project®** movement, retreats and exercise

Contact Info

Name _____

Address _____

City _____

State _____ Zip Code _____

Phone _____

Email _____

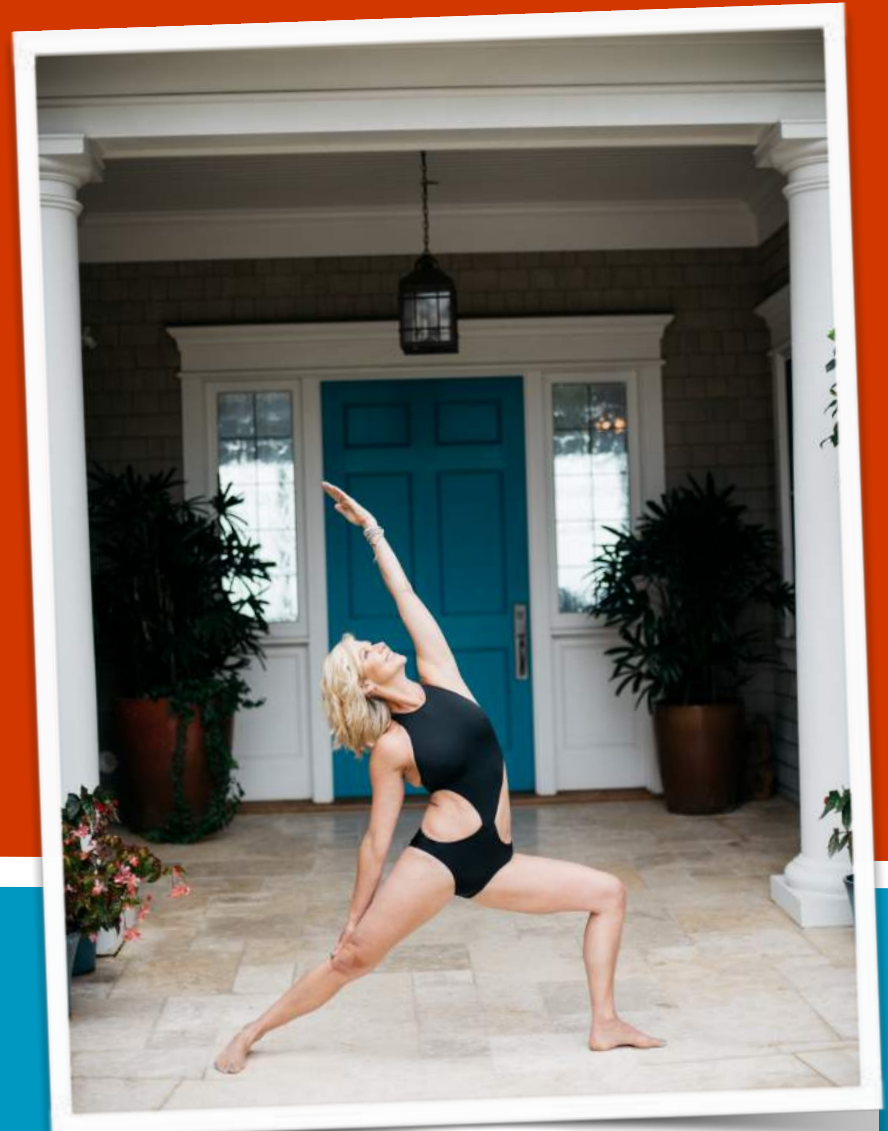
Payment Info

Credit Card # _____

Expiration ____/____ CVV _____

Signature _____

My check is enclosed. Payable to Cancer Core Recovery Project.




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Cancer Core Recovery Project is a nonprofit empowering women recovering from cancer to live a better quality of life. Your donation is 100% tax deductible.

- \$150: Cancer Core Recovery Survivors Guide, Phases 1-2 In Hospital, at home early cancer recovery. (Includes full color printed book, digital pdf version, 2 stability balls, 6 week Empower Circle LIVE Exercise Classes)**
- \$300: Cancer Core Recovery Survivors Guide, Phases 1-5. (Includes full color printed, 270 page book; digital pdf version, 2 stability balls and online videos, 6 week Empower Circle LIVE Exercise Classes)**
- \$500: One cancer survivor get my help rebuilding their body with my 6-week online program.**
- \$1,000: 3-Day Wellness Retreat for one woman in Cancer Recovery.**
- \$2,700: Give 12 women the opportunity to attend a 6-week in person group wellness program in Santa Barbara.**
- \$5,000: 3-Day Wellness Retreat for five woman in Cancer Recovery.**
- \$8,000: One year of Empower Wellness cancer recovery classes for five.**
- \$15,000: One year of Empower Wellness cancer recovery classes for ten.**
- Other Amount: \$_____ Any amount is greatly appreciated!**

Cancer Core Recovery Project is a 501(c)(3) nonprofit. **EIN: 82-2403447.**

Please mail checks to: The Loft, 1 North Calle Cesar Chavez, Ste 210, Santa Barbara, CA 93103