



Rita Davis, RN

Dearest ALAC GRADUATES,

Thank you so much for allowing me to be a part of your journey towards a healthy lifestyle. When I volunteered for this endeavor and our first class was formed, the butterflies began to flutter. I wanted to help each of you move forward towards a routine of exercise and positive attitude.

Beginning with our first class, I had no idea what we would encounter. I was overjoyed to meet seven lovely ladies who would all become very special and great motivators. You each contributed to the learning experience, while working diligently to achieve your goals. You accepted our challenges and successfully completed each one. You provided wit and humor to each session and offered support to one another. You trusted the process and Jodie and me, and for this, we are very grateful. You are an amazing group of women and I will always cherish the fact that you gave me the opportunity to come into your lives, and your heart.

Always remember that Jodie and I are here for you. If it is that little birdie that you hear or that thorn in your bum that you feel, we encourage you to only move forward from where you are. You have made great strides, keep stepping, continue to think positive and stay healthy.

With all my love and best wishes,

Rita

Dearest Ladies,

When I was asked to help with the Active Living After Cancer program, I was hesitant. I agreed to attend the four-day training session after which I would decide whether I wanted to commit to the 12 week program.

Frankly, the training scared me to death. I was so scared that I would fail, I was ready to say no to the commitment. But of course my friendship with Rita was stronger than my fear of failure, so I agreed to help.

That was one of the best decisions of my life. Having you all as our first participants made me feel so comfortable, my fear went right out the window. As the weeks went by (much too quickly I might add), I found myself looking forward to Thursdays because it felt like a family gathering.

Thank you for your dedication to an active lifestyle and thank you for allowing me to be a part of that journey. I am blessed to have spent the past 12 weeks with you all and I am looking forward to a lifetime of friendship.



Jodie Wood, RN

With love and gratitude,
Jodie

Active Living After Cancer (ALAC)

ALAC is a Cancer Prevention and Research Institute of Texas (CPRIT) funded program in partnership with The University of Texas MD Anderson Cancer Center.

Gift of Life is honored to participate as one of MD Anderson's subrecipients of the CPRIT grant to advance the program's initiatives that aim to improve the quality of life of cancer survivors by promoting physical activity and by providing navigation services for survivorship issues.



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