

Local doctors to present cancer awareness program

Lake Oconee Breeze

GREENSBORO – As part of its ongoing commitment to educate the public in cancer awareness, Georgia Cancer Specialists (GCS), the largest private oncology/hematology practice in the Southeast, will host Alive and Thriving: A Community Program for Cancer Awareness and Wellness at the Cowles Clinic in Lake Oconee at 9:30 a.m. Jan. 16. The class is free and will end at 1 p.m. with a light lunch.

This will be the first in a weekly series of classes provided by GCS at the Cowles Clinic.

"We're thrilled to be able to bring this program to the lake community as part of GCS's ongoing education initiative," said Dr. Cheryl Jones of GCS.

The half-day event will feature a welcome address by Dr. Robert Cowles III, founder of the Cowles Clinic, as well as lectures from GCS physicians and staff and other medical professionals from the Lake Oconee area.

For more information, call (706) 454-0159.

A summary of presenters for the Jan. 16 program

* **Dr. Cheryl Jones**, who practices at the GCS Lake Oconee and Macon-Coliseum offices, will give a lecture called "What is Cancer & Can You Prevent It?"

* **Dr. Louis Pack** of Precision Sports will give a lecture titled "Biomechanical Structural Analysis: Starting an Exercise Program or Improving Performance in any Sport." Dr. Pack, Founding Fellow of the American College of Rheumatology, will offer insight into the link between exercise and a healthier lifestyle.

* **Lisa Eisele**, a registered dietician with GCS, will give a lecture titled "Where's the Beef? Cancer Wellness and Prevention Smart Eating Tips," in which she will be discussing types of food which may help to prevent cancer.

* **Erika Baube**, LCSW, the Director of Wellness Services at GCS, will be discussing the importance of maintaining a sense of balance in your life during a lecture called "Finding Emotional and Spiritual Wellness."