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FOR IMMEDIATE RELEASE

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**Cancer & Fitness will be the topic
for South Lake Hospital's October Health & Wellness Series**

Clermont, Fla. – Cancer & Fitness will be the educational topic of South Lake Hospital's October Health and Wellness Series being held at the National Training Center on Thursday, October 15, 2009, from 6:00 p.m. to 7:00 p.m. The educational program will be presented by National Training Center Exercise Specialist Kyndall Truett, ACSM-CPT, followed by a short question and answer session.

Learn about the benefits of exercise for cancer patients. Fit to Fight is a personal training program specifically designed for individuals undergoing treatments for cancer. The focus of the program is to help cancer patients maintain their strength throughout their treatment, managing fatigue and lift spirits.

The event is open to the public at no cost. For more information and to register, please call 352.394.4071, extension 4412. The National Training Center, part of South Lake Hospital, is located at 1109 Citrus Tower Blvd. in Clermont on the hospital campus.

South Lake Hospital is a not-for-profit acute care community hospital, in partnership with Orlando Health. South Lake Hospital has been providing quality healthcare services to the South Lake County for over 60 years. For additional information about South Lake Hospital visit www.southlakehospital.com.

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