

Brian

I was blessed to be surrounded by a magnificent team of care givers during my walk down Cancer's dark path. Along my journey a beacon of light was put in the path to help me find my way back to health. Pam was that beacon, and I believe the exercise program she tailored for me was as important as the medical treatment I received. There were days that I could barely stand up so we would stretch in a chair. There were other days that she had to pull in my reigns and keep me in check. This was always done with encouragement and purpose. My medical treatment consisted of 6 rounds of chemo (alternating outpatient and inpatient) and a stem cell transplant. I started exercising with Pam after my 2nd round of chemo and continued for 7 months after my transplant. I walked a mile a day while hospitalized at the recommendation of both Pam and my medical team. I made it though my treatments with minimal complications and recovered faster than my doctors anticipated. With Pam's enthusiasm and encouragement that kept me exercising throughout my treatments, I was able to take on every treatment with a body that was as healthy as possible. Pam, you truly were a blessing. Thank you.

