

HUDSON VALLEY

Life

WOMEN GO FROM DR
Learn their makeove

Hope listens...

HOPE NEMIROFF
GETS WHAT
BREAST CANCER
PATIENTS NEED



ROLFING: HOW IT BALANCES YOUR E

"I try to instill that you have to live your life for today," she says.

She now reaches out to other patients and her website gives personal history and information on other organizations that offer financial assistance (justyshope.org).

When Nemiroff was diagnosed with breast cancer, she realized that women weren't getting the informa-

survivor and volunteers for the American Cancer Society as a patient navigator.

WEB EXCLUSIVE hvlife.com

Anne Hanson, a breast cancer survivor, has written poetry that she shares with *Life* readers!

Win pendant by inspired artist George Mendoza



Win the Mendoza pendant by sending an email to editor@excitingread.com with "pendant" in the subject line. Include your name, address and telephone number.

Deadline is October 31, 2009.



This Phenominoes Pendant, a real domino, features George Mendoza's artwork on the back. He is an artist who is also an athlete, author and motivational speaker. He has been blind since he was a teen. His life has been documented by PBS as well as by author William Buchanan.

His work is distributed by the Art of Possibility Studios (aopstudios.com) which exclusively represents physically disabled artists.