

**WPN LUNCH AND LEARN**  
**Speaker: Dr. Leslie Spencer, Health and Exercise**  
**Tuesday, October 26, 2010**  
**Student Center Room 144 12:00-1:00PM**  
**(Soup and Salad Buffet Day)**

Leslie Spencer is a professor of health and exercise science and has been on the Rowan University faculty since 1995. In the past two years, she has added two additional titles to her name: breast cancer survivor and competitive bodybuilder. After learning that she had aggressive breast cancer in both breasts that required a double mastectomy, chemotherapy and surgery, Dr.

Spencer made the surprising decision to train for her first body building competition and compete 4 months after her final surgery. Having a goal gave her something positive to hope for and work toward throughout treatment and competing in her first competition on August 28, 2010 was symbolic of her victory over cancer. Her story has been featured in the Philadelphia Inquirer and in a short documentary on Momversations.com, as well as on her website, [www.themusclemom.net](http://www.themusclemom.net).



Dr. Spencer will be sharing her story, photos and even a short video of her stage walk on Tuesday, October 26, 2010 as a featured Transitions speaker.