San José State University
College of Health and Human Sciences
Department of Kinesiology

EXERCISE IS MEDICINE SEMINAR SERIES II:

Breast Cancer and the Effect of Exercise

The Dr. Martin Luther King, Jr. Library (Room 225)
September 6th , Thursday 10 am-12 pm

SPEAKER

Kerri Winters-Stone, Ph.D.

Exercise Scientist
The Elnora Thomson Distinguished Professor
School of Nursing, Oregon Health & Science University

Dr. Winters-Stone's research focuses on the effects of cancer treatment on musculoskeletal health and cancer recurrence risk and the ability of exercise to improve health and longevity in cancer survivors. The long-term goal of her research is to develop prescriptive exercise programs for cancer survivors that meets their needs and preferences and optimizes their health outcomes.

SPEAKER

Linda Wilkin, Ph.D.

Exercise Physiologist
Retired Professor
Department of Kinesiology, San Jose State University

After a long career in the electronics industry, Dr. Wilkin returned to school and finished her undergraduate, masters and Ph.D. majoring in Exercise Physiology. She loves teaching and cannot imagine not doing it. She is a retired professor from CSU San Bernardino. In 2016, she was diagnosed with breast cancer. As a scientist, she did her research and made informed decisions about her treatment.