

## **Media Fact Sheet** Solutions for Intimacy

### **About Solutions for Intimacy:**

Solutions for Intimacy, based in Scottsdale, Ariz., was founded by Steve Frohman and Cindie Hubiak to help individuals and couples enhance intimacy levels after prostate cancer. Following their personal battle with the disease, they soon discovered there were few resources addressing intimacy and emotional issues that accompany prostate cancer. Determined to change this, the husband-and-wife-team created Solutions for Intimacy in response.

After extensive research, education and personal experimentation, they assembled a team of highly respected health and wellness experts to develop The Personal Approach, the company's cornerstone program that helps individuals and couples struggling with intimacy issues following the disease. It encompasses a custom, interactive experience addressing the physical, emotional, mental and spiritual aspects of intimacy.

As part of the program, Hubiak also authored "A Woman's Guide to Thriving after Prostate Cancer," which deals with the impact prostate cancer has on women.

### **About The Personal Approach:**

The Personal Approach methodology is a customized blend of traditional and alternative therapies proven effective for solving intimacy issues following prostate cancer. It is designed to heal the body, mind and spirit through a tantrically inspired process. Therapeutic practices within The Personal Approach include naturopathic, tantric, hypnotherapy, psychology, chiropractic and additional support as needed.

### **About The Guide:**

In "A Woman's Guide to Thriving after Prostate Cancer," Hubiak shares her personal story, covering the struggles and grieving process she experienced, as well as the coping strategies she explored throughout the various stages of the disease.

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