

SEATTLE CANCER CARE ALLIANCE Women's Wellness Clinic

Women's Cancer Survivors Retreat

September 16-18, 2011 and
November 11-13, 2011

Harmony Hill Retreat Center
on Hood Canal



The Women's Wellness Clinic at Seattle Cancer Care Alliance and Harmony Hill Retreat Center are pleased to announce two upcoming retreats for SCCA patients who have completed treatment for breast and other women's cancers. We invite you to experience this nurturing and interactive retreat, to cultivate practical tools for living a healthy, happy life.

Over 3 days, explore Harmony Hill's beautiful 12 acre campus on the Olympic Peninsula, enjoy delicious, whole foods meals, and discover plenty of opportunities for relaxation, renewal, and learning in a tranquil natural environment.

Blending lectures and experiential learning, the weekend offers healing through stress reduction training, guided imagery, creative arts, daily support groups, yoga, and nutrition classes. Facilitate your healing process and strengthen the practice of living life with resiliency, balance and peace of mind.

Come celebrate survivorship
and empower yourself...

Survive and thrive!



Details

Open to SCCA women's cancer survivors, these programs include shared rooms, meals, tuition, and all program materials. A \$100 deposit holds your space and will be fully refunded upon your departure from Harmony Hill. You are responsible for your own transportation to and from the retreat. To keep the group to an intimate size, attendance is limited to 9 women. Participants must have completed their cancer treatment prior to attending.

Contacts

To register or for more information, please contact Victrinia Ridgway at Harmony Hill:
victrinia@harmonyhill.org or 360.898.2363.

For scholarship information or additional retreat details, please contact Ksenia Koon at SCCA:
kkoon@seattlecca.org or 206.288.6969.



This retreat is made possible by Safeway. Seattle Cancer Care Alliance is grateful to the customers and employees of Safeway for their generous contributions to the Wellness efforts at SCCA.

