

BCAK's Healing Retreat

Where does one find time for personal reflection, to look at where one has been and where one is going, and connect with like-minded souls in a peaceful, rural setting surrounded by nature?

This is the amazing opportunity Breast Cancer Action Kingston (BCAK) offers each August to women who have had a cancer diagnosis.

This is a time that is all about YOU!

Coming together through a flexible and relaxed agenda, you will be able to experience enlightenment and clarity with regard to YOUR life's journey. Renewal, friendship and hope are the gifts most commonly taken away from BCAK's Healing Retreat for Women Living with Cancer.

Through fellowship, interactive exercises, and a peaceful environment, you will experience a healing energy you can continue to draw on long after leaving the Retreat.

Our facilitators, new this year, are Mora File and Sarah Emery. Through their varied agenda and transformational workshops, you will journey into discovering the truth on a physical, emotional, and spiritual plane to awaken your authentic self.

We invite you to join us for a weekend of self-nourishment! Welcome to the 2011 BCAK Healing Retreat for Women Living with Cancer.

Registration Information

- Our Retreat setting is the Wintergreen Studios, 9780 Canoe Lake Road in the Frontenac Arch Biosphere Reserve.
(www.wintergreenstudios.com)
- We begin with dinner Thursday and conclude with lunch on Sunday.
- **The cost is \$260.00 per person**, including all meals and based on double occupancy with shared bath.
- Limited financial assistance is available. Please contact BCAK for further information.
- To avoid cancellation of the Retreat, **all payments must be received by June 24, 2011.**
- Wintergreen Studios is wheelchair accessible. Please contact BCAK for further details.
- Directions and a list of items to bring with you will be sent on receipt of payment.

**For further information contact
Breast Cancer Action Kingston
(BCAK)**

Call 613-531-7912

Email bcak@on.aibn.com

Register Early! Space is limited!

August 25 – 28, 2011

REGISTRATION FORM

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone #: _____

E-mail: _____

Preferred person to share room with: _____

Please name any special needs (food allergies, mobility etc.) _____

CHEQUES PAYABLE TO: BREAST CANCER ACTION KINGSTON
No post-dated cheques please

105-1379 Princess Street, Kingston ON K7M 3E4

Money order/Cheque/Visa: Card # _____

Exp. Date _____

* Or call the office at 613-531-7912 to pay by phone