

# Adult Cancer Survivors Retreat

September 26-28, 2008

Fair Hills Resort

S. of Detroit Lakes, MN

[www.FairHillsResort.com](http://www.FairHillsResort.com)



## **Schedule:**

*Friday September 26: Registration 6:00—7:00 PM followed by programming*

*Saturday September 27: Programming*

*Sunday September 28: Programming with Closing Comments — 11:00 AM*

## **General Session Presenters:**

**BODY** – Stacie Harwood and Sarah Irish, Radiation Oncology R.N.'s MeritCare

**MIND** – Ann Sandgren, PhD Clinical Health Psychologist MeritCare

**SOUL** – Juli M. Caron, CSJ, Congregation of St. Joseph, Chaplain MeritCare

**LIFE COACH** – Jodee Bock, Life Coach Bock's Office

## **Breakout Presenters focusing on Stress Reduction techniques:**

*Carol Berger—Massage Therapy*

*Dale Carrier— Exercise Therapy through Tai Chi*

*Jacqueline Anderson —Art Therapy*

*Mary Lou (Mo) Hainer—Laughter Therapy*

*Victor Facio—Energetic System of the Body and Biofeedback scan*

*Thanks to the generous donations from people and businesses  
in our community, we are able to offer  
the Adult Cancer Survivor's Retreat for \$150/person.  
The Cost includes two nights lodging, all meals,  
and programming. (A \$400+ Value!)*

*Questions on Registration and Programming?*

*Website: [www.angelsofcourage.org](http://www.angelsofcourage.org) or Phone Kathleen: 701-540-8840*

**Rest your Body. Rejuvenate your Mind. Restore your Soul.**