

# SKILLS FOR HEALING

## Cancer Weekend Retreat



"Wonderful experience"  
"Life changing"  
"Spiritually moving"  
"Transformative"  
"Excellent program!"

Apr 27-29 , 2018  
**BARRIE, ON**

Fri. 5:00pm-8, Sat. 9-4, Sun. 9-3



**Dr. Rob Rutledge**  
Radiation Oncologist  
Associate Professor  
Dalhousie University  
NS Cancer Centre



**Timothy Walker**  
Psychotherapist  
Mindfulness Teacher  
The Healing and Cancer  
Foundation

### Learn about:

- How to get complete cancer care
- Empowering the body
- Stress reduction and mind-body techniques
- Mindfulness and other healing skills
- Meditation & informal discussion
- Improving mental function/return to work

Open to anyone who has been given a cancer diagnosis of any type or stage.  
May bring a loved one.

To register & for more info: [program@gildasclubsimcoemuskoka.org](mailto:program@gildasclubsimcoemuskoka.org) | 705-726-5199  
[www.HealingandCancer.org](http://www.HealingandCancer.org)



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CANCER SUPPORT COMMUNITY



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