

What is Women LISTEN, Inc...

~ Women LISTEN is a group that promotes the physical, emotional and spiritual well-being of women living with cancer.

~ The goal of our group is to give emotional support, share information and practical ideas, advocate for people with cancer, and connect women in meaningful ways.

~ Our mission is represented in our name, Women LISTEN, which stands for: laugh, inform, support, talk, empower and network. We welcome all, from just diagnosed to long-time survivors.

~ We became a 501(c)3 non-profit organization in September 2004.



Enjoying crafts at a
Women LISTEN retreat.

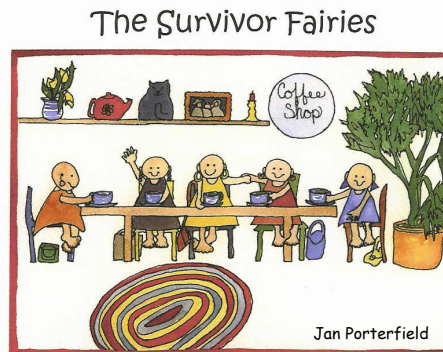
Program Director:
Nancy Zellmer, ANP
P.O. Box 110167
Anchorage, AK 99511



Cancer Haiku by

Jan Porterfield

People with cancer.
We live optimistically.
With hope, joy and fear.



chat at their weekly meeting.

Cancer cannot take away our hope.

Directions from Anchorage:

- Take the New Seward Hwy South to Girdwood turn-off.
- Turn left onto Alyeska Hwy.
- Travel 2.9 miles to the stop at the base of Mt. Alyeska.
- Turn left onto Arlberg Ave.
- Travel 0.2 miles 398 Arlberg is on the right. Park in gravel lot.

A Healing Retreat For Women Cancer Survivors

Offered

April 30 & May 1, 2011
Girdwood, Alaska



Facilitated by
Women LISTEN, Inc.

*A supportive group of
women cancer Survivors*



Laugh
Inform
Support
Talk
Empower
Network

Kim Barrett and Mary Rita Ely
Retreat Facilitators

907-345-4900
WomenListenRetreat@gmail.com

*Please join us for an uplifting
retreat in a lovely setting
located in the quaint village of
Girdwood, Alaska*

The cost to attend a Women LISTEN retreat is \$130.00. **(financial assistance is available)**** This fee includes all activities and materials, lodging and meals (lunch and dinner on Saturday & breakfast and lunch on Sunday). Snacks, tea and coffee are also provided. Each participant is offered a therapeutic massage from a trained Oncology Massage Therapist at no additional cost. The retreat facility has sauna & steam bath, exercise room and quiet areas for your enjoyment.

The group size is limited to fifteen women and space is reserved on a first come, first serve basis. After April 15th, please call for availability.



Women LISTEN retreats
Renew the spirit and
Refresh the body

Our retreats provide time to relax, rest, unwind, take a walk and be pampered. Movement and relaxation sessions are offered for those who wish to participate. Having the time to share thoughts, fears, hopes and dreams with other cancer survivors promotes healing and acceptance.



Please bring: Sleepwear, robe, slippers, toiletries, outdoor/walking gear, a warm jacket and any other comfort items of your choice.

Please do not bring alcoholic beverages, as the retreat is an alcohol-free event.

Retreat Schedule

Saturday, April 30th

- 10:00 Arrive in Girdwood...Settle-in
- 11:00 Introduction & Information Session
- 12:30 Lunch
- 1:30 Afternoon Activities
 - ~ Oncology Massage
 - ~ Arts...Creative Time
 - ~ Walk, Rest, Journal, Steam/Sauna
- 6:00 Dinner
- 7:00 Evening Activities
 - ~ Relaxation/Facilitated group activity
 - ~ Walks, Rest, Journal, Steam/Sauna
- 10:00 Closing

Sunday, May 1st

- 9:00—11:00 Breakfast Available at Leisure
- 10:00 Movement with Lydia
- 11:00 Gathering & Reflection
- 12:30 Lunch
- 1:30 Pack up & load cars
- 2:00 Leave for Home

We believe that arriving on time and staying for the entire event will enhance your experience and the experience of the other participants.

*Visit the Harmony House website at
www.harmonyhouseak.com
and view our Girdwood retreat location*

Retreat Registration Form

(Please return application with deposit by Apr. 15th)

Name: _____

Address: _____

Phone: _____

Email: _____

A \$30.00 deposit is required with this application. ****Financial assistance is available to any woman who expresses a need. Please inquire.** For those who are able to pay the balance (\$100.00), it is due on or before April 30, the day of the retreat.

Please Make Checks to:

**Women LISTEN, Inc.
P.O. Box 110167
Anchorage, AK 99511**

If you have questions about the retreat, would like to request financial assistance or have specific medical, diet or mobility needs please call Kim at 345-4900 at least one week before the retreat. Financial assistance is limited to one retreat only. For more information, you can also email Kim and Mary Rita at WomenListenRetreat@gmail.com.

Retreat leaders are trained in group facilitation and peer support and do not provide medical or psychological intervention. Retreats are intended to complement cancer treatment and not take the place of care provided by medical and mental health practitioners.

Women LISTEN, Inc.
is a not-for-profit corporation.

www.WomenLISTEN.org