

The Northern Virginia Chapter of the Oncology Nursing Society presents . . .

The 3rd Annual Cancer Survivor Retreat

Surviving to **THRIVING**:

A One-Day Educational & Healing Retreat for Cancer Survivors



Saturday, March 28, 2009

8 a.m. – 3 p.m.

Crossroads United Methodist Church
43454 Crossroads Drive, Ashburn, VA
(For directions, go to www.ecrossroadsumc.org)

About the retreat

You've finished your initial active treatment. Surgery, chemotherapy, radiation therapy are done!
Now what? How do you move forward? How do you embrace life with a healthy perspective and a positive life plan? Attend this retreat and learn how to heal mind, body, and soul as you shape your "new normal."

Presentations

- ~ A Recipe for Thriving: Integrating Nutrition with Lifestyle Changes, with Susan Macey, BA, MA, CHC, Center for Health Integration
- ~ A Cancer Survivor's Journey, with Elizabeth Agnew

Workshops (Choose one morning and one afternoon topic on day of retreat)

Morning

- ~ Brain Gym
- ~ Aromatherapy
- ~ Expressive Arts: "Spiritbeads"
- ~ Physician Promotes Follow-up Care

Afternoon

- ~ Achieving Restful Sleep
- ~ Balancing your Body: Chakra
- ~ Healing Within: Walk the Labyrinth
- ~ Ask the Expert: Survivor Issues

- ~ A Labyrinth will be available during Registration and free Continental Breakfast
- ~ Free Lunch provided between morning and afternoon sessions

There is no charge to attend the retreat, but space is limited. Please Register by March 20, 2009

For more information or to register*:

Call: Potomac Health Connection, 703-221-2500
Visit: www.potomachospital.com/classes/specialprograms.asp

Please let us know of special needs at time of registration; however, because of limited funding, we may not be able to meet all special needs.