

2018 Lung Cancer Wellness Retreat

September 21 – 23, Raleigh/Durham

Reclaim your best-self and feel rejuvenated!

Come share your experience with other lung cancer survivors while enjoying the beauty of nature!

IS THIS RETREAT FOR ME: YES!

Especially if you are interested in exploring and learning ways to better manage your energy and connect with others on this healing journey.

Host Cheryl Lecroy will lead you to wellness through healing arts, movement, mindfulness, and laughter with special guests: Greg Whitt (Drumming) Mike Gentile (Tai Chi) Shirley Ballantyne (Healing Touch).



- Guided Nature Walks
- Meditations
- Drumming
- Tai Chi
- Healing Touch
- Creative Arts

WHAT YOU NEED TO KNOW

- There is **NO** charge
- Location TBD in Raleigh/Durham
- Open to lung cancer survivors from North Carolina
- Hotel lodging available, if needed
- Families welcome at our Sunday send-off at the Raleigh Lunge Forward Run/Walk

Space is Limited! Register Today at:
www.windriverservices.org/lungcancerretreat.html



LUNG CANCER INITIATIVE
of North Carolina
A NETWORK OF HOPE AND ACTION

No charge for this retreat thanks to the wonderful access grant from the Lung Cancer Initiative of North Carolina.



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