

STAMP

LIVING WITH DIGNITY
P.O. Box 764
New Vernon, NJ 07976

THERAPIES OFFERED...

Journal Writing - Learn how to keep a record of thoughts and feelings as you live with your cancer. A great catharsis for those who struggle with anger, fear and sadness.

Massage Therapy - An opportunity to relax and have a special touch. Massage can greatly reduce tension and stress, thereby creating well-being and improving the mind-body-spirit connection.

Meditation - Through mindfulness meditation (moment to moment awareness) individuals have the opportunity to be fully awake in their lives and to perceive the exquisite vividness of each moment. In doing so, they reach a state of calmness, relaxation and peace and respond effectively to both the external and internal stressors of life.

Music Therapy - Music as a healing tool. This therapy will show how music can change how you feel both physically and emotionally.

Nutrition - A guided tour of important foods and supplements and how they aid in the fight against cancer.

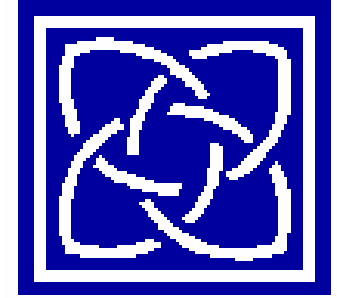
Support Group - An opportunity to share and emotionally grow through the use of supportive therapy.

Yoga - relieves stress, improves circulation, increases flexibility and leaves the body rejuvenated and fresh through the use of posture and stretching exercises and breathing techniques.

Art Therapy - Using different mediums to express yourself and unfold your life story.

As well as experiential workshops that will aid the individual in their emotional healing process.

SANCTUARY™



A Two-Day Retreat for Women Living With Cancer

8:00 a.m. to 5:00 p.m.

***Loyola House of Retreats
Morristown, NJ***

SANCTUARY is a two-day retreat specifically geared towards the emotional and physical well-being of women who are living with cancer.

THE MISSION...

SANCTUARY is a place of refuge, of respite from everyday experience, one conducive to the restoration of body and spirit. This program's mission is to promote emotional and spiritual healing through massage, yoga, journal writing, meditation and other workshops provided over this two-day session.

WHO WE ARE...

Living With Dignity, A New Jersey Non-Profit Corporation is comprised of licensed therapists, masters-trained nurses and other professionals who are devoted disciples of care. We provide professional counseling and support services for individuals living with Cancer and AIDS, and those who love them.

PHILOSOPHY...

Cancer changes how you and the people you love, live. We have witnessed the profound effect that counseling and supportive therapy can have on people faced with life-threatening illness—that simple contact with another human has a healing power not found in the isolated sufferer. Our intention is that this time of sharing leave each woman with a renewal of mind, body, and spirit.

Fees & Registration:

This retreat will be free of charge to all participants. Applications for the next retreat are now being accepted. Space will be limited. Registration may be accomplished by returning the attached registration form or contacting ***Living With Dignity***.

A continental breakfast and luncheon will be provided on both days.

SANCTUARY

***A Two-Day Retreat for Women
Living With Cancer***

Name:

Address:

Day/Evening Telephone #:

For additional information or to register by telephone, fax, mail, or e-mail please contact:

LIVING WITH DIGNITY

A New Jersey Non-Profit Corporation

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