



Supporting people living with cancer since 1993

Patrons: Gabi Hollows AO & Prof Michael Friedlander AM

INVITATION

Put New Meaning & Joy in Your Life...

Lift Your Spirits...

Renew Your Confidence & Courage...

Life Force Cancer Foundation invites you to attend a one-day retreat on Wednesday 19th March 2025 to offer you support in dealing with your cancer experience.

Life Force is a community based organization that provides supportive care programs for people living with cancer. Fundamental to all our services is the belief that emotional wellbeing plays an important role in the treatment and recovery of people affected by cancer.

The supportive care day offered on 19th of March for Mid North Coast residents will provide an opportunity for participants to reflect in a safe and understanding environment in a small group setting. The group will be facilitated by experienced and qualified counsellors and therapists and the program will feature guided meditation, gentle healing touch using essential oils, and gentle exercise in the form of Yoga or Qigong to build resilience and enhance wellbeing.

Who can attend?

Patients and survivors who are medically stable, are welcome to attend. Participants may be currently in treatment or in the post treatment stage dealing with the aftermath of the experience.

Venue:

The Francis Retreat Centre by the sea at Bonny Hills is a tranquil haven in a lovely bushland setting, a delightful location offering modern facilities and delicious food. Morning tea and lunch will be provided.

Address:

2 Thomson Pl, Bonny Hills 2445

When:

19th March, 2025 from 9.30am to 5pm

Cost:

Life Force Foundation is pleased to be able to offer this program free of charge.

How to Book:

RSVP: By 10th March. All interested attendees must register. Numbers are limited. For more information please contact: Jilly Pascoe on: 0408 610 362 or email: jilly@liferforce.org.au

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www.liferforce.org.au