



**LIFE FORCE CANCER FOUNDATION**

## **WEEKEND RETREAT FOR PEOPLE AFFECTED BY CANCER**

22-24 September, 2023

St Joseph's Retreat Centre  
8 Humphreys Road  
Kincumber South NSW 2251



**COST: \$600 per person (all inclusive)**

*(Subsidies may be available for people in financial need)*

Join us to experience two days of nurturing and pampering provided by a team of qualified facilitators and practitioners. There will be reflexology, yoga, meditation, individual counselling sessions if requested, and various therapeutic activities.

Past participants have reported feelings of well-being for up to a year after attending one of these retreats. They say that they learnt more coping skills to help them deal with day-to-day challenges of living with cancer and tools to help them manage overwhelming feelings.

**TO REGISTER CONTACT JANE on 0412 643 751**

