

EASE Cancer Foundation

A registered 501(c)(3) non-profit corporation based in North Central Washington, dedicated to providing innovative educational programs for cancer survivors and enhancing cancer survivorship services in rural areas.

About Retreat

New this year, we're offering a retreat focusing on joy, creativity, and rejuvenating your spirit. Neuroscience research suggests that feeling happy and joyful will create and strengthen neural pathways, which support a positive outlook on life. The retreat will take place at Sun Mountain's beautiful luxury cabins on Patterson Lake and mountaintop resort.



EASE Cancer Foundation Faculty

Teri Hugo Hirss, M.Ed.

Teri is an Expressive Movement Therapist. She holds a Master's degree in Education from University of Vermont. Teri is a certified Health Realization counselor. She is trained as a certified Shake Your Soul/Kripalu DansKinetics instructor. She holds certifications from numerous institutions including Harvard Medical School. Teri has one agenda, to guide people to live their lives with self-compassion and acceptance. Teri specializes in women's issues and stress management utilizing body-centered psychology and mindfulness teachings.

Katie Kemble, DNP, FNP-C, ARNP, AOCNP

Dr. Kemble received her Doctorate of Nursing Practice at the University of Washington and FNP/PA certificate from Stanford University. She has a special interest in translational research and cancer survivorship issues. In 2006, she conducted a research project funded by the U.S. Army Medical Research and Materiel Command, studying the effects of low to moderate exercise on fatigue in breast cancer survivors. Katie has Level I and II Motivational Interviewing and Cognitive Behavioral Therapy training.

Chandra Villano, ND.

Dr. Villano has an undergraduate degree in Exercise Physiology and a Doctorate in Naturopathic Medicine from Bastyr University. She is an American Heart Association TEACH trainer and has a Yoga of the Heart Certification for cardiac and cancer patients. Dr. Villano has a naturopathic consulting practice and instructs corporate and community classes in preventative health education and whole food cooking. Dr. Villano has an extensive background in clinical nutrition, integrative and complementary medicine, plus Level I and II Motivational Interviewing.

Linda Waterfall

Linda Waterfall graduated from Stanford University and was a Phi Beta Kappa earning a BA in Visual Art. Recently named Seattle's top singer-songwriter in the Seattle Times, Linda has been active in the Northwest music culture since the late 70's. She has released twelve recordings of original songs and choral music. In addition to receiving grants and commissions for her choral compositions, she tours periodically as a solo musician, and teaches workshops all over the U.S. She has been a songwriting instructor at Cornish College of the Arts since 2005. Linda is a cancer survivor, completing cancer treatment in 1999.

Workshop Highlights

Relationships: Sleep, Stress, and Fatigue. Understand the relationships between sleep, stress, fatigue, adrenal imbalances, and stress hormones. We'll explore impact of diet, exercise, sleep hygiene, and stress management techniques.

Motivational and Cognitive Training: Learn and apply basic skills of Cognitive Behavioral Therapy and Motivational Interviewing techniques through dynamic interactive group activities.

Morning Meditations: Mindfulness is a type of meditation focusing your thoughts and actions in the present. Research suggests that mindfulness meditation reduces stress, BP, and depression, while increasing happiness, immune function, and memory.

Mindful Journaling: Journaling helps enhance clarity and creativity through writing. Guided mindfulness meditation will be used as a sequel into the journaling process. You will feel clearer, more peaceful, and understand how your thinking affects your life.

Music: Healing Songs and the Power of Vibration: Learn to sing overtones and vibrate your cells into harmony. Then, join with the group in composing songs in a collaborative process. We'll create songs to liberate joy, hope, healing, and enhance overall well-being.

Shake Your Soul® YogaDance: Finding joy along with freedom, passion, power, and grace is at the core of this YogaDance experience. This body and soul workout renews our spirits, energizes our bodies, and nurtures a sense of community with others.

Kripalu DansKinetics®: Experience the power of dance to shake loose inhibitions and to replace them with the enjoyment that only expressive and free movement can bring. Kripalu DansKinetics® uses movement to improve flexibility, fitness, and endurance.

Visual Art: Inner Journey through the Mandala Drawing: The mandala, or circle drawing, is an ancient path of self-discovery reinvigorated by Carl Jung's work, which he referred to as the individual process. Enjoy experimenting with color, texture, symmetry, and lines, and then use these elements to create images of strength, peace, and stability.

Whole Food Cooking: Utilize anti-inflammatory nutrition strategies to optimize energy, digestion, and immune function.

Cancer Risk Reduction: Learn evidence-based recommendations to reduce your cancer risk. Environmental risk factors, supplements, and vitamin D updates included.

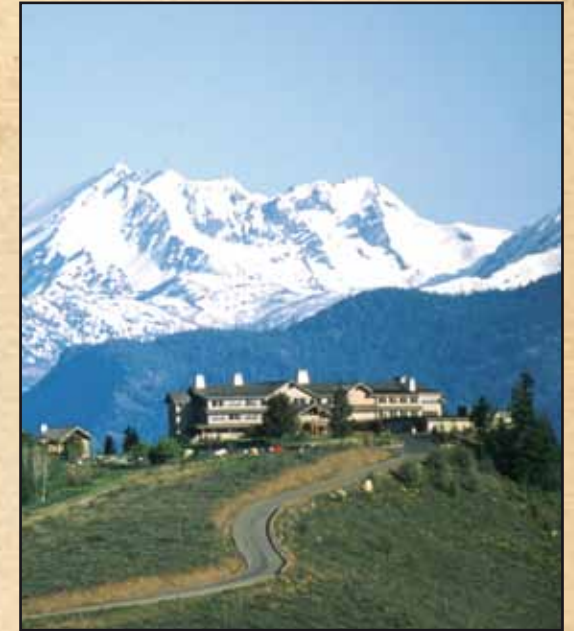
Symptom Management: Strategies for managing fatigue, depression, anxiety, hormonal disturbances, insomnia, osteoporosis, neuropathy, and cognitive dysfunction.

Exercise Prescriptions: Individuals will develop and implement their own personalized exercise prescription to improve quality of life and overall well-being.

Please visit www.easecancer.org/programs.asp for more detailed information on breakout sessions.

Cancer Survivorship Workshop

SPRING FOR HEALTH WOMEN'S RETREAT



May 6th-10th, 2012

*Sun Mountain Lodge
Winthrop, WA*



EASE Cancer Foundation
EXERCISE AND SURVIVORSHIP EDUCATION

Supported by funding from Genentech

Genentech
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Cancer Survivorship Women's Retreat:

SPRING FOR HEALTH

May 6th - 10th

Sun Mountain Lodge, Winthrop WA

Sunday, May 6th

6:PM Dinner - Welcome and Introductions
EASE Cancer Foundation Faculty

7:00 Relationships: Sleep, Fatigue, and Stress
& Cancer Risk Reduction in a Nutshell
Katie Kemble, DNP

Monday, May 7th

8:AM Breakfast & Announcements
Katie Kemble, DNP

BREAKOUT SESSIONS I & II (9:AM-11:45:AM)

a. Mindful Journaling I
Teri Hugo Hirss, M.Ed.

b. Music Therapy & Song Writing I
Linda Waterfall

BREAKOUT SESSIONS III & IV (1:00-3:45)

a. Whole Food Cooking I
Chandra Villano, ND

b. Sea Kayaking on Lake Patterson
Katie Kemble, DNP

*Free time for mindful walking or journaling (3:45-5:30)

5:30-6:30PM Dinner at Lodge
Evening Plenary Session (7:00-8:00pm)
Kripula Dance Kinetics
Teri Hugo Hirss, M.Ed.

Tuesday, May 8th

8:AM Breakfast & Announcements
Chandra Villano, ND

BREAKOUT SESSIONS V & VI (9:AM-11:45:AM)

a. Stress Management
Chandra Villano, ND

b. Motivational and Cognitive Training
Katie Kemble, DNP

11:45AM-1:00:PM Lunch

Tuesday, May 8th Continued

BREAKOUT SESSIONS VII & VIII (1:00-3:15)

a. Shake Your Soul - Dancing
Teri Hugo Hirss, M.Ed.

b. Art Therapy and the Visual Arts
Linda Waterfall

*Free time for mindful walking or journaling (3:45-5:30)

5:30-6:30PM Dinner at Lodge
Evening Plenary Session (7:00-8:00pm)
Chill Out or Ill Out: Mastering Stress
Chandra Villano, ND

Wednesday, May 9th

8:AM Breakfast & Announcements
Teri Hugo Hirss, M.Ed.

BREAKOUT SESSIONS IX & X (9:AM-11:45:AM)

a. Music Therapy & Song Writing II
Linda Waterfall

b. Whole Food Cooking II
Chandra Villano, ND

11:45AM-1:00:PM Lunch

BREAKOUT SESSIONS XI (1:00-3:45)

a. Implementing an Exercise Prescription
Katie Kemble, DNP

b. Mindful Journaling II
Teri Hugo Hirss, M.Ed.

*Free time for mindful walking or journaling (3:45-5:30)

5:30-6:30PM Dinner at Lodge
Evening Plenary Session (7:00-8:00pm)
Group Music Finale & Songs by Linda
Linda Waterfall

Thursday, May 10th

8:AM Breakfast & Announcements
Linda Waterfall

SESSION XII (9:00-11:30)

a. Shake Your Soul - Dancing
Teri Hugo Hirss, M.Ed.

11:30 Wrap up and Evaluation
EASE Cancer Foundation Faculty

12:00 Adjournment

*Schedule subject to change based on weather

Workshop Registration

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home phone: _____

Cell phone: _____

E-mail: _____

Registration Fees

Registration \$350
\$250 scholarships are available, please inquire.

*Registration includes dinners Sunday through Wednesday night (4), Thursday morning breakfast buffet, kayaks, and workshop equipment for sessions.

**Participants are encouraged to bring their own colored pencils, pastel crayons, and personal books for journaling.

Space is limited; reserve early.

Workshop enrollment & room reservations are limited to 20 participants to ensure optimum learning and hands-on participation.

Method of Payment

Check Visa MasterCard

Please make checks payable to *EASE Cancer Foundation*.

Card number: _____ Exp. Date: _____

Cardholder name: _____

Cardholder address and zip code: _____
(if different from registration info above.)

Cardholder signature _____

Hotel Reservations

Call Sun Mountain Lodge at 1-800-572-0493 and mention that you are with the EASE Cancer Foundation to receive special lodging rates and book your room.

RATES:

Main Lodge per night

\$95/person single or double occupancy
Patterson Lakes Cabins 1 or 2 bdrm/night
\$65/person double occupancy required

*Additional persons per room \$25.00 each (children 12 or under free). Room tax (9.7%) is additional and subject to change without notice.

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509-860-1322 • www.easecancer.org