

Cancer Survivorship Workshop

Journey to Wellness



8th
Annual

October 10th-11th, 2014

*Sun Mountain Lodge
Winthrop, WA*



EASE Cancer Foundation

EXERCISE AND SURVIVORSHIP EDUCATION

A registered 501c3 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.

FOR MORE INFORMATION CONTACT

EASE Cancer Foundation 509-860-1322 • www.easecancer.org
For Hotel Reservations call Sun Mountain Lodge 1-800-572-0493

- Hereditary cancers, risk factors, genetics, & new targeted therapies
- Benefits of exercise on physical functioning, mood, & immune response
- Whole foods cooking classes – focusing on fat, sugar, protein, & calcium
- Explore important relationships between sleep, stress, & fatigue
- Therapeutic Yoga, Restorative, & Yoga Nidra
- Learn about the New American Plate Challenge & recipes from the AICR test-kitchen
- Lymphedema risk reduction & exercises to stimulate lymphatic function
- Love, laughter, and life after cancer - power of laughter & treating depression.
- Cognitive Behavioral Therapy - decrease stress, anxiety, & triggers.
- Updates in cancer risk reduction, symptom management, & hot topics
- Personalized exercise prescriptions & hikes on beautiful Methow Valley trails
- Applied Art Therapy - create personal prayer flags that symbolize healing & recovery
- Weight management & MORE!