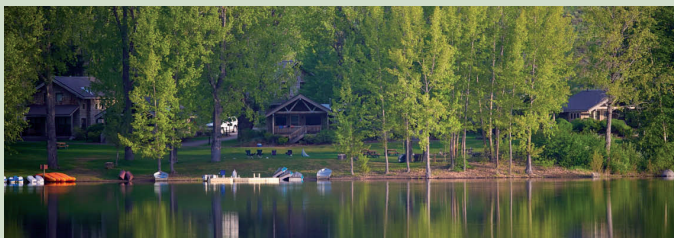


# Highlights

- ✦ **Creative Expression through Mindful Journaling.** Learn new ways to explore your creative side through the art of mindful journaling. You will be given time throughout the retreat to explore your story by answering questions prompting memories and desires.
- ✦ **Cognitive Reframing.** Learn how to identify and change underlying automatic negative thought patterns that influence your emotions and behavior.
- ✦ **Abundance & Gratitude Bowls – Eat to Thrive.** An appetizing overview of food as medicine and intentional mindset for optimal nutrition.
- ✦ **Shake Your Soul®** is a fun-filled movement practice that relaxes your nervous system, energizes your body, and awakens your soul through a powerful, fluid dance repertoire set to world music. This practice engages with intention setting to gently move us into opening our creative spirit.
- ✦ **Creative Expression through Jewelry Design.** This creative workshop will offer attendees time to design and create a piece of jewelry that best describes their survivorship journey.
- ✦ **Sleep, Stress, and Fatigue** looks at the relationships between them and provides strategies for practicing good sleep hygiene and stress management.
- ✦ **Resilience, Relaxation, & Mindfulness** applies tools to counter adversity, loss, and negativity, cultivate gratitude, perspective, reframing, and mindfulness habits. Experiential participation samples numerous clinically proven techniques for relaxation and stress reduction.
- ✦ **Adaptive Pilates & Stretching.** This is a one-on-one experience with low-impact mind-body exercise that aims to strengthen muscles while improving postural alignment and flexibility.
- ✦ **Community Fire Ceremony** is a symbolic event to support release and healing.
- ✦ **Motivational Techniques for Sustainable Change.** Learn how to strengthen personal motivation with attainable goal setting. Explore meaning, importance, and capacity for change.
- ✦ **Creating a Personal Wellness Plan** provides an intentional, summarizing checklist plan, individualized by each participant, to prioritize the key skills and concepts learned during the workshop, to immediately integrate into everyday life for optimal wellness.
- ✦ **Proprioception, Balance, Agility,** strength tied in with body awareness and a mindful approach to improve overall performance in an adaptive Pilates/stretch class.



# Faculty

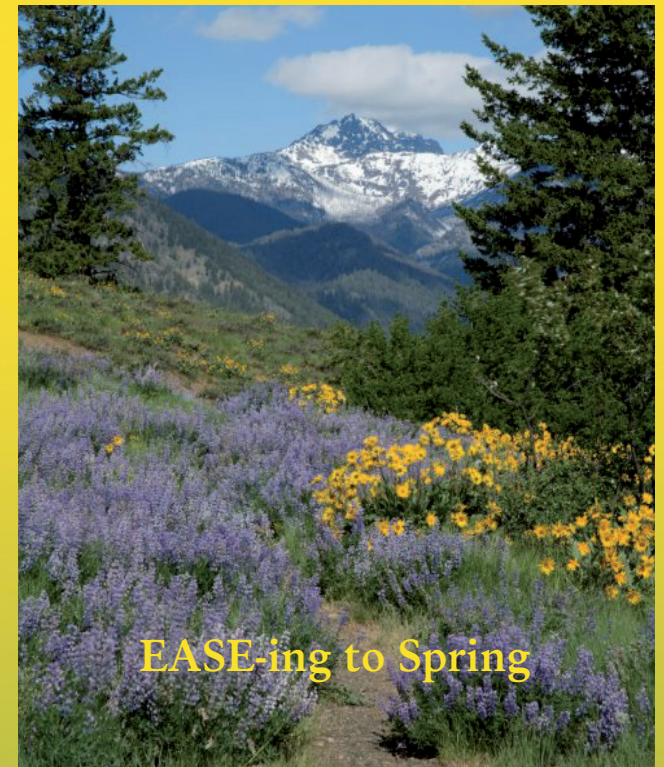
**Teri Hugo Hirss, M.Ed.** Teri is a registered movement therapist and educator. She is a life coach and stress management consultant. She leads retreats internationally, as well as, from her home base in the green Mountains of Vermont. Teri has spent the last 30 years empowering women to live their lives FULLY and JOYFULLY.

**Katie Kemble, DNP, ARNP, FNP-C, AOCNP, FAANP.** Dr. Kemble is an oncology nurse practitioner at Confluence Health and Associate Teaching Professor at the University of Washington. She conducts and facilitates translational research and has spent 30 years creating innovative programs supporting cancer survivors and the communities in which they live.

**Michele Stutzman, Certified ACE Coach.** Michele has been in the Fitness Industry for over 35 years. She is Life Coaching Certified (Robbins/Madanes), Pilates Certified, ACE Personal Training, and ACE Group Exercise. Michele believes there is no better gift than adding positivity to someone else's life. Her passion is to inspire & support people to reconnect to their bodies.

**Jayne Van Brunt, BSN.** Jayne is an artisan, oncology nurse, and healthcare coach. Leaning on her 35+ years experience in nursing, she began to advocate for change. She is the author of *The Nightingale Gene*, a book written to address burnout in nurses and caregivers, and co-author of the memoir *Shut Your Mouth*. Her coaching programs encourage women to find balance in their lives through storytelling, art, & cooking.

**Chandra Villano, ND.** Dr. Villano is a Naturopathic doctor with a background in exercise physiology in cardiopulmonary rehab. She is a cofounder of the EASE Cancer Foundation and a Wellness Place board of director. She has clinical specialty in whole foods and mindful living, and is passionate about neuroscience, epigenetics, and the endocannabinoid system.



## Women's Retreat for Cancer Survivors

April 29 -May 1, 2022

*Sun Mountain Lodge  
Patterson Lake  
Winthrop, WA*



**EASE Cancer Foundation**  
EXERCISE AND SURVIVORSHIP EDUCATION



# Itinerary

## Friday, April 29

### 8:45 Welcome and Introductions

*EASE Cancer Foundation Faculty*

9:15 Creative Expression through Mindful Journaling I  
*Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.*

10:30 Intro to Proprioception & Connection  
*Michele Stutzman, Certified ACE Coach*

10:45 Break

11:00 Creative Expression through Mindful Journaling II  
*Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.*

### 12:00 Lunch on own

1:30 Cognitive Reframing Techniques  
*Katie Kemble, DNP*

2:45 Break

3:00 Abundance & Gratitude Bowls – Eat to Thrive  
*Chandra Villano, ND*

4:15 Enjoy Patterson Lake, Sun Mountain Trails,  
or Rejuvenate

### 6:00 Community Dinner at Lodge

## Saturday, April 30

8:45 Announcements  
*EASE Cancer Foundation Faculty*

9:00 Shake Your Soul®  
*Teri Hugo Hirss, M.Ed.*

10:00 Break

10:15 Creative Expression through Jewelry Design  
*Jayne Van Brunt, BSN*

### 11:45 Lunch on own

1:00 Sleep, Stress, and Fatigue  
*Katie Kemble, DNP*

2:15 Break

2:30 Resilience, Relaxation, & Mindfulness  
*Chandra Villano, ND*

## Saturday, April 30 continued

3:45 One-on-One Intro Adaptive Movement  
*Michele Stutzman, Certified ACE Coach*

and/or

Enjoy Patterson Lake, Sun Mountain Trails,  
or Rejuvenate

### 5:30 Dinner on own

7:00 Community Fire Ceremony  
*Jayne Van Brunt, BSN & Teri Hugo Hirss M.Ed.*

## Sunday, May 1

8:30 Motivational Techniques for Sustainable Change  
*Katie Kemble, DNP*

9:30 Creating a Personal Wellness Plan  
*Chandra Villano, ND*

10:00 Break

10:15 Pilates & Stretching  
*Michele Stutzman, Certified ACE Coach*

11:00 Shake Your Soul®  
*Teri Hugo Hirss, M.Ed.*

### 12:00 Community Lunch at Lodge

&  
Parting Reflections  
*Jayne Van Brunt, BSN*

### 1:00 Adjournment



# About

Neuroscience research suggests that feeling happy and joyful will create and strengthen neural pathways that support a positive outlook on life. Most of us are braced, psychologically and physically, against the constant signals of distress that continually barrage us. Retreating from the rigors of daily life can allow us to reset, rejuvenate, and learn new skills that will serve us in creating more peaceful, grateful, and joyful lives.

This women's retreat will allow you to commune with your deepest self and enjoy the community of like-minded 'sisters'. Together we will attune to our inner needs through the exciting and powerful modalities of journaling, creativity, movement, and more. We will learn practical skills for creating a life that aligns us with JOY and HEALTH as we embrace Survivorship as a life practice. EASE Cancer Foundation is 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.

**REGISTER ONLINE**  
Go to [www.easecancer.org](http://www.easecancer.org)

## Registration Fees

Registration for retreat is \$125

Registration includes Friday night dinner,  
Sunday lunch, plus syllabus and  
all supplies for retreat.

Space will be limited to 24 participants.  
Covid precautions will be taken including  
masks & social distancing.  
We will be requiring proof of vaccination for the  
safety of our participants & faculty.

## Hotel Reservations

Call Sun Mountain Lodge at 800-572-0493 or 509-996-2211  
And mention that you are with the EASE Cancer Foundation to  
Receive special lodging rates and book your room.

### RATES

Lodging per night/cabin \$186 Paterson Lake cabin,  
\$246 Paterson Lake Loft cabin.  
Room tax is additional.

**EASE Cancer Foundation** PO Box 377 • Cashmere, WA 98815  
509-860-1322 • [www.easecancer.org](http://www.easecancer.org)