

Harmony Hill

HEALING RETREAT



NATIVE AMERICAN & TRIBAL CANCER RETREAT: JOURNEY TOWARD HEALING

Enjoy Harmony Hill's beautiful campus and guest facilities overlooking Hood Canal and join us for this special retreat for Native American and Tribal cancer survivors, and their caregivers . (All tribes welcome!)

- ◇ Connect and enjoy time with other cancer survivors on their journey toward healing.
- ◇ Learn ways to help cope with the stress and worry that comes with this journey.
- ◇ Reconnect with traditional foods and healthy eating.
- ◇ Help your body with gentle movement exercise.
- ◇ Enjoy traditional crafts.

FEBRUARY 19-21, 2016
IN UNION, WA

JOIN US FOR A SALMON DINNER
THIS RETREAT IS OFFERED FOR FREE.

Participants must be of Native American or Tribal heritage with a cancer diagnosis at some time in their life, and over the age of 18. Each participant is limited to one adult companion. Only 20 spaces available!

To apply, please contact us at 360-898-2363
or email us at programs@harmonyhill.org



Thank you Port Madison Enterprises for your financial support of this retreat.



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