



WELLNESS RETREAT

for Cancer Survivors & Thrivers



2 Days - May 31 & June 1, 2024

Experience the ultimate healing journey this spring at our 2-day wellness retreat designed exclusively for cancer survivors & thrivers. Dive into a nurturing environment where healing, rejuvenation, and renewed strength await.



Day 1 Kick off your weekend with a rejuvenating yoga session followed by a welcome dinner featuring an inspirational speaker sharing their cancer story. Connect with others over a delicious and healthy meal, fostering meaningful conversations.



Day 2 Engage in curated activities including meditation, gentle yoga, and dance for joy classes suitable for all fitness levels. Explore the therapeutic benefits of art in our creative therapy session, then unwind and connect further during a fun-filled bowling game with new friends.



What's Included

ACCOMMODATION: 1 night stay Barker Hotel & Suites

FOOD & BEVERAGE: All meals, including snacks, coffee/tea and other non-alcoholic beverages.

YOUR WELLNESS EXPERIENCE: All activities, including yoga, meditation, art therapy, dance for joy and bowling.

REGISTER HERE:

<https://www.eventbrite.ca/e/wellness-retreat-for-cancer-survivors-thrivers-tickets-810532363117?aff=oddttdtcreator>

www.centralplainscancerservices.com