

Retreat for Women With Metastatic Breast Cancer September 7 to September 12 – Omega Institute, Rhinebeck, NY

We hold this annual retreat because there are very few services and resources, besides drugs, for women with advanced breast cancer. "Pink messages" in October DO NOT include these women. Participants enjoy guided discussions about issues specific to women with advanced breast cancer, including dealing with difficult feelings and managing difficult feelings. There are programs on stress reduction, advanced directives, nutrition and lifestyle, current medical research, writing workshops and sessions with healers. On family night we will have a family therapist work with the women and their significant others. Women share stories with - and learned from - other women like themselves.

For Information: 845-339-4673 or hope@breastcanceroptions.org

