

# YOUR BEST LIFE WITH CANCER

restore and refresh your  
mind, body and spirit.



**Saturday  
September  
22nd ,2018  
9:00am - 3:00pm**

## Program

- FREE to eligible adults & one adult caregiver
- Therapeutic oncology & caregiver massage
- Meditation & breathing exercises
- Yoga
- Healthy lunch provided
- Meeting new friends
- And more!

### Participant Eligibility:

Must be 21 years of age or older and within one year of diagnosis. Each cancer patient/survivor is invited to bring one adult caregiver to participate with them in this day-long wellness retreat designed to restore and refresh the body, mind and spirit to those within a year of diagnosis

To RSVP, call 817.921.0653 or [Connect@CancerCareServices.org](mailto:Connect@CancerCareServices.org).

Limited spaces available.