

## What is Women LISTEN, Inc...

~ Women LISTEN is a group that promotes the physical, emotional and spiritual well-being of women living with cancer.

~ The goal of our group is to give emotional support, share information and practical ideas, advocate for people with cancer, and connect women in meaningful ways.

~ Our mission is represented in our name, Women LISTEN, which stands for: **L**augh, **I**nform, **S**upport, **T**alk, **E**mpower and **N**etwork. We welcome all, from newly diagnosed to long-time survivors.

~ We became a 501(c)3 non-profit organization in September 2004.



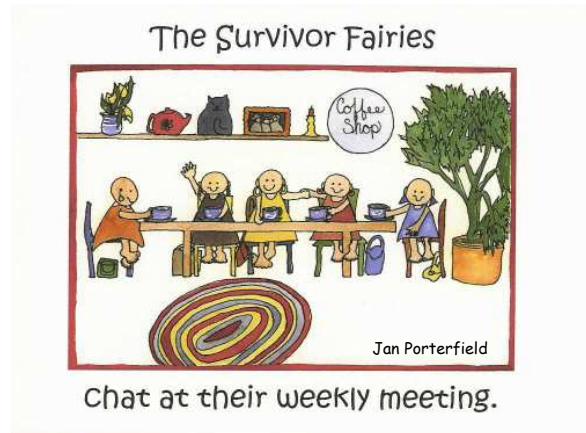
Enjoying crafts at a  
Women LISTEN retreat.

**Program Director:**  
**Nancy Zellmer, ANP**  
P.O. Box 110167  
Anchorage, AK 99511



## Cancer Haiku by Jan Porterfield

People with cancer.  
We live optimistically.  
With hope, joy and fear.



chat at their weekly meeting.

Cancer cannot take away our hope.

### Directions from Anchorage:

- Take the New Seward Hwy South to Girdwood turn-off.
- Turn left onto Alyeska Hwy.
- Travel 3 miles to the stop at the base of Mt. Alyeska.
- Turn left onto Arlberg Ave.
- Travel 1 mile to the entrance of the Hotel Alyeska.

## A Healing Retreat For Women Cancer Survivors

*Offered*

Sept. 16, 17 & 18, 2016  
Girdwood, Alaska



**Facilitated by**  
**Women LISTEN, Inc.**

*A supportive group of  
women cancer Survivors*



Laugh  
Inform  
Support  
Talk  
Empower  
Network

Retreats@WomenListen.org

[www.WomenLISTEN.org](http://www.WomenLISTEN.org)

*Please join us for an uplifting  
retreat in a lovely setting  
located in the quaint village of  
Girdwood, Alaska,  
At the Hotel Alyeska Resort*

**This retreat is offered free of charge to women cancer survivors who have not yet attended one of our Girdwood retreats.**

Returning guests will be accommodated if space permits. Included are all activities and materials, lodging and meals (breakfast, lunch and dinner on Saturday & breakfast on Sunday). Snacks, tea and coffee are also provided. Each participant is offered a therapeutic massage from a trained Oncology Massage Therapist. The retreat facility has a swimming pool, whirlpool, sauna, exercise room and quiet areas with spectacular views for your enjoyment.



Women LISTEN retreats  
Renew the spirit and  
Refresh the body

The group size is limited to ten women and space is reserved on a first come, first serve basis. Rooms at the Hotel Alyeska are double

occupancy, furnished with two double beds. After September 1st, please call for availability.

Our retreats provide time to relax, rest, unwind, take a walk and be pampered. Movement and relaxation sessions are offered for those who wish to participate. Having the time to share thoughts, fears, hopes and dreams with other cancer survivors promotes healing and acceptance.



**You May Want to Bring:** Outdoor/walking gear, a bathing suit, and any other comfort items of your choice.

*Please do not bring alcoholic beverages, as the retreat is an alcohol-free event.*

## Retreat Schedule

### *"Soothe Your Soul"*

#### Friday, September 16

4:00—6:00 Arrive in Girdwood....Settle In  
~ Dinner on your own  
6:30 Meet in Royal Suite for Introductions

#### Saturday, September 17

8:30—9:30 Breakfast in Royal Suite  
9:30—11:00 Gathering & Stories in Royal Suite  
11:00-12:00 Free time—"On Your Own"  
12:00 Lunch buffet in Royal Suite  
12:30 Featured Speaker/Nutrition Presentation  
1:45 Afternoon Activities  
~ Oncology Massage/Acupuncture  
~ Arts...Creative Time  
~ Walk, Rest, Journal, Pool/Whirlpool  
6:00 Catered Dinner  
7:30—9:00 Evening Activities  
~ Relaxation/Facilitated group activity  
~ Walks, Rest, Journal, Pool/Whirlpool  
9:00 Closing

#### Sunday, September 18

8:30—10:00 Breakfast available at leisure  
10:00 Therapeutic Movement  
11:00 Gathering & Reflection  
12:00 Check Out and Leave for Home

*Visit the Hotel Alyeska website at  
[www.alyeskaresort.com](http://www.alyeskaresort.com)  
and view our Girdwood retreat location*

## Retreat Application Form

(Please return application with deposit by September 1st)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

A **\$75.00 deposit is required** with this application to hold your place. However, thanks to generous donations from the **Pick.Click.Give program**, this retreat is free of charge. The checks will be returned to all participants at the retreat.

**Please Make Checks to:**

**Women LISTEN, Inc.  
P.O. Box 110167  
Anchorage, AK 99511**

If you have questions about the retreat, or have specific **medical, dietary, food sensitivity or mobility needs** that we need to be aware of, please let us know before the retreat. If someone you know is attending and you would like to share a room, let us know in advance. For more information, you can also email us at [Retreats@WomenListen.org](mailto:Retreats@WomenListen.org).

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Retreat leaders are trained in group facilitation and peer support and do not provide medical or psychological intervention. Retreats are intended to complement cancer treatment and not take the place of care provided by medical and mental health practitioners.

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Women LISTEN, Inc.  
is a not-for-profit corporation.

[www.WomenLISTEN.org](http://www.WomenLISTEN.org)