

You're invited to attend
A Half-Day Retreat
hosted by Cancer Navigators

Join Cancer Navigators for an opportunity to escape the busyness of life, relax, and recharge your mind, body and spirit. This retreat is ideal for first-time attendees.

Attendees May Include

Cancer Survivors, Caregivers, Former and Current Retreat and Support Group Participants, Healthcare Providers, Cancer Navigators Donors

Retreat Format

Participants will be guided through the gentle practices of yoga, meditation, and being in silence. The retreat is designed to provide support focused on engaging the whole person and to remember who we really are individually and collectively at depth.

Lunch will be provided.

Facilitators are Dr. Matt Mumber and Heather Reed.

Saturday, November 2nd
9:30 a.m. - 3:30 p.m.

Heritage First Bank Main Branch
Downtown Rome, GA ~ 501 Broad Street

To attend and for more information, contact Cancer Navigators at (706) 509-5040 by Friday, October 25.

Space is limited to 20.

This is Cancer Navigators' final retreat of 2019.

