



support healing, activate hope, promote thriving

**FOR IMMEDIATE RELEASE**

Press Contact  
Jan Adrian  
Healing Journeys  
(800) 423-9882  
[jan@healingjourneys.org](mailto:jan@healingjourneys.org)

## **Free Conference Teaches Cancer Patients How to Thrive**

An all-day conference on Saturday Sept. 6 will focus on helping people with cancer or other life-altering illnesses learn how to not just survive but to thrive. Admission is free at the event, which will run from 9 a.m. to 5 p.m. at the Heritage Theatre in Campbell.

Called "Cancer as a Turning Point: From Surviving to Thriving,"™ the conference will be presented by Healing Journeys, a Sacramento-based nonprofit that has been staging similar free or low-cost conferences since 1994. Corporate sponsors and individual donors underwrite the event's costs.

Physicians and other experts will present sessions designed to support healing, activate hope, and promote thriving. The more information-filled sessions alternate with humorous talks, guided imagery, personal stories and music.

All sessions will take place in the theater's 800-seat auditorium. A lunch break is scheduled from 12:15-1:30 p.m., and attendees are invited to bring a sack lunch (the deadline for ordering lunch has passed) and join networking groups.

At a pre-conference event on Friday Sept. 5, Healing Journeys will celebrate the 20<sup>th</sup> anniversary of staging "Cancer as a Turning Point" conferences. Also free, the celebratory concert will run from 7-9 p.m. at The Heritage Theatre. It will feature guided imagery led by Dr. Emmett Miller as well as music by jazz pianist Susan Mazer and woodwind performer Dallas Smith.

Saturday's presenters include Dr. Jean Shinoda Bolen, author of "Close to the Bone: Life-Threatening Illness as a Soul Journey;" Dr. Emmett Miller, an expert in using guided imagery and the mind to promote healing; Jonathan Ellerby, author of "Inspiration Deficit Disorder," and Julie Interrante, author of "The Power of a Broken-Open Heart."

Also presenting will be Dr. Lise Alschuler, co-author of "The Definitive Guide to Cancer" and co-host of the radio program "Five to Thrive Live" on the Cancer Support Network. Jonna Tamases, an actress and three-time cancer survivor, will perform excerpts of her highly acclaimed one-woman show "Jonna's Body, Please Hold," and Beth Nielsen Chapman, breast cancer survivor and a twice Grammy-nominated blues and gospel singer/songwriter, will entertain.

"Cancer is an issue that touches every one of us," says Jan Adrian, founder and Executive Director of Healing Journeys. "Whether we've been diagnosed, are being treated, or are a friend or family member that is supporting someone with cancer, we need information, inspiration, support, and a sense of community."

When Adrian was diagnosed with breast cancer in 1989, she realized that her healing required more than the standard surgery, chemotherapy, and radiation. She wanted to do more than survive – she wanted to thrive, and she wanted to help others do the same. She formed Healing Journeys in 1994, and to date the "Cancer as a Turning Point" conference has been presented 32 times. Since 1996, when it was first offered at no charge, attendance has grown from an average of 150 attendees in 1994-95 to an average of 1350 attendees at the last two California conferences.

Advance reservation is encouraged but not required. Those interested may register at [www.healingjourneys.org](http://www.healingjourneys.org). More information is available on the website or by contacting Jan Adrian, founder and executive director, at (800) 423-9882 or [jan@healingjourneys.org](mailto:jan@healingjourneys.org).