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FOR IMMEDIATE RELEASE

As the War on Cancer Rages, Upcoming Conference Focuses on Energizing Cancer Patients, Not on Fighting Cancer

On Sept 8, Healing Journeys will host “Cancer as a Turning Point: From Surviving to Thriving™,” featuring spiritual leader Marianne Williamson as one of the keynotes.

Sacramento, CA – When Jan Adrian was diagnosed with breast cancer and put on a standard treatment plan, she asked her oncologist what he was going to do to treat the rest of her. “Emotions have nothing to do with this!” he barked. That’s when Adrian decided to take matters into her own hands and produce “Cancer as a Turning Point” -- a national conference providing the emotional, spiritual, and psychological support she and other cancer patients/survivors desperately needed.

Adrian soon discovered she was on to something big: That year, a newly-published cancer book described a study indicating that by focusing on what makes them excited and joyful in life, **50% of the terminal cancer patients studied went into long-term remission.** Since that time, additional studies have indicated that long-term survival correlates more strongly with how involved cancer patients are in their treatments than with which treatments they choose.

Encouraged and informed by these studies, “Cancer as a Turning Point,” now in its 18th year, has uplifted **over 20,000 unique participants** across the country – activating their internal healing process through evidence-based workshops on self-care strategies, as well as through music, theater, comedy, and nourishing personal connections. The conference is always free of charge, in recognition of the financial devastation that typically accompanies cancer, and it is open to anyone whose life has been touched by cancer – patients, survivors, caregivers, loved ones, and healthcare professionals.

The upcoming conference will feature a keynote by inspirational speaker **Marianne Williamson** – whose sister died of breast cancer in 1994. “I’ve worked extensively with people dealing with life-challenging illnesses,” says Williamson, “seeing how powerfully psychological, spiritual and emotional issues factor into boosting the immune system.”

The conference is sponsored by Susan G. Komen for the Cure, UC Davis Comprehensive Cancer Center, and Mercy Cancer Institute. The event will be held at the Scottish Rite Center in Sacramento, CA, at 6151 H Street, Sacramento, CA 95819, from 9 am – 5 pm on Saturday Sept 8 and from 9 am – 3:30 pm on Sunday Sept 9. The event is approved for continuing education credits (CEs) for RN, MFT, and LCSW programs, with credits available for a fee. Meals will be served for a fee -- with options of organic raw vegan or free-range poultry entrees, provided by local Sacramento restaurants and health food stores.

Endorsements:

"'Cancer as a Turning Point' provides an enormous amount of hope, inspiration, and vital information to patients, family, and health professionals whose lives have been changed by cancer...People often come to this conference fearful and diminished and leave full of life, realistic hope, and determination to really care for themselves through their healing journey." – Martin Rossman, MD, author of *Fighting Cancer from Within*.

"'Cancer as a Turning Point' is one of those very rare opportunities to experience the strength and inspiration that can only be found in a very large community of cancer survivors." – Rachel Naomi Remen, MD, cancer specialist and author of *NY Times* bestseller, *Kitchen Table Wisdom: Stories That Heal*

About Healing Journeys

Featured in top media outlets including **CNN, ABC, NBC, Fox, and NPR**, Healing Journeys is a nonprofit organization that sponsors annual "Cancer as a Turning Point™" conferences and ongoing "Cancer-Fighting Kitchen" workshops.

Metaphorically lighting candles instead of fighting darkness, the organization seeks to activate the cancer-healing process by supporting and empowering the person with cancer, instead of attacking the cancer itself. To this end, Healing Journeys integrates evidence-based information, expressive arts, community networking, nutritious food, and patient advocacy, in its annual, one-of-a kind events. Utilizing its conferences and workshops, the organization has uplifted over 20,000 unique participants nationwide – activating their internal healing process through evidence-based workshops on self-care strategies, as well as through music, theater, comedy, and nourishing personal connections.

Jan Adrian MSW, the founder and director of Healing Journeys, has been diagnosed with three types of cancer, followed by numerous recurrences and a barrage of cancer treatments including 10 surgeries, eight years of hormone-blockers, 39 radiation treatments, and one year of daily injections. Still living with metastatic breast cancer,

Adrian has flourished over the past two decades and continues to thrive today, by employing strategies modeled in her conferences – optimal nutrition, daily exercise, regular spiritual practice, active community involvement, frequent inspirational reading, and plain old fun.

For more information about Healing Journeys and “Cancer as a Turning Point™,” please visit <http://www.healingjourneys.org> or contact Loolwa Khazzoom at 916-546-8238.

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