

Cancer as a Turning Point

from surviving to thriving™

The purpose of this conference is to educate, inspire, connect and celebrate all whose lives have been touched by cancer or any life-altering illness.

Who Should Attend

- Anyone touched by cancer or any life-altering illness
- Caregivers, family members, or friends of someone touched by cancer or other illness
- Physicians, Nurses and other Healthcare Providers

The Healing Process

- Cancer, or any life-altering illness, can be viewed as both a curse and a blessing.
- If viewed simply as a disease of the body, it is experienced only as a curse.
- When illness is viewed in the context of the whole person (body, mind, emotions and spirit), we see its transformative potential as an awakening for the soul and spirit and a call to action.
- Only then can we see it as a blessing and utilize its gifts.

Conference Objectives

- Differentiate between curing the body and healing the person
- Explore illness as an awakening with transformative potential
- Rekindle hope and motivation to live fully in the present
- Rediscover the healing capacity of the human spirit
- Facilitate healing from within as an essential component of total health
- Incorporate stories, music and laughter as part of the healing process
- Experience the physical and emotional benefits of group support
- Convey how diet and nutrition can help control cancer and promote wellness

Healing
Journeys

support healing, activate hope, promote thriving

Presents:

Cancer as a Turning Point

from surviving to thriving™

October 3, 2009

9 a.m. to 5 p.m.

Valley Medical Center

Conference Center

4033 Talbot Rd S.

Renton, Washington 98055

*Approved for 7 CEs
for RN, MFT, and LCSW*

A free conference designed to educate, inspire, connect, and celebrate those touched by cancer or any life-altering illness.

 Valley
Medical
Center



Seattle Cancer Treatment
and Wellness Center®

www.healingjourneys.org

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PO Box 221417, Sacramento, CA 95822

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Conference Presenters



Wayne Muller, MDiv is a public speaker, minister, therapist, and author of four books including *How Then Shall We Live?* and *Learning to Pray: How We Find Heaven on Earth* (a guide for finding peace in ourselves and in the world in the midst of troubled times). His new book, *A Life of Being, Having, and Doing Enough* will be available in April 2010. Wayne is the founder of Bread for the Journey, a nonprofit organization which supports the natural generosity of ordinary people, www.breadforthejourney.org



Jonna Tamases is an actress and a 3-time cancer survivor (Hodgkin's Disease, Large-Cell Lymphoma, Breast Cancer); she has turned her experience into a highly acclaimed one-woman show, *Jonna's Body, please hold*. The show has gotten rave reviews and two Ovation Award nominations. The recently released movie version has won 6 national film festival awards. www.jonnasbody.com and www.jonnasbodymovie.com



Kimberly Mathai, MS, RD, CDE has helped hundreds of individuals, families and children with their nutrition needs for over a decade. She earned a master's degree in integrative nutrition from Bastyr University. Kimberly is the author of *The Cancer Lifeline Cookbook* and a national presenter on the topic of nutrition and cancer. www.nutritiondesign.com



Shaina Noll is a singer/songwriter from Port Townsend, Washington. With degrees in the performing arts and transpersonal psychology, she has written, gathered, and recorded songs to support those on a journey of healing and awakening. Serenity and spirituality permeate her soul-nourishing albums, *Songs for The Inner Child*, *Bread for the Journey*, and *You Can Relax Now*. www.shainanoll.com



One World Taiko is a professional Japanese drum ensemble that incorporates dynamic movement with heart pounding percussion. Their music is drawn from Japan's ancient tradition of lively and spirited festival drumming and One World Taiko's own creative rhythms, arrangements and choreography, adding a modern spirit to the ancient art of Taiko. www.oneworldtaiko.com

A panel of local health professionals will be responding to audience questions.

Conference Information

Registration

You may register for the conference by mailing this form (or a photocopy) to: Healing Journeys, PO Box 221417, Sacramento, CA 95822 or faxing it to: (916) 391-1004. **On-line registration is available on the Web at: www.healingjourneys.org.**

Lunch

An important part of the conference is the opportunity to meet and talk with other survivors and caregivers. Lunch is our networking time and we encourage you to participate. You can order a box lunch for \$15, or you may bring your own lunch. The deadline for lunch orders is September 28. No lunch refunds can be made after September 28.

Continuing Education

Healing Journeys is approved by the California Board of Registered Nursing, Provider No. CEP 10808 and by the California Board of Behavioral Sciences, Provider No. PCE 953. Washington Boards will accept California approval. Cancellations, requested in writing or online before September 28th, will be charged a \$15 administrative fee; no refunds are available after September 28th. Cost is \$70 for 7 contact hours.

More Information

If you need more brochures or you have questions, please call: (800) 423-9882 or visit www.healingjourneys.org.

We are grateful for the support of our friends and partners:

The Pam Foster and Liz Austin Fund
Lynne Zeller
Valley Medical Center
Seattle Cancer Treatment and Wellness Center
Harrison Medical Center

"Cancer as a Turning Point" Renton, Washington - October 3, 2009

Name _____
Address _____
City _____ State _____ Zip _____
Phone _____ Email _____

LUNCH INFORMATION-Please note that NO lunch orders can be taken after Sept. 28.

Poultry Lunch \$15 Vegan Lunch \$15

NAME TAG INFORMATION

Your name tag will be color-coded to help you connect with others.

Please check which category best describes you:

Breast Cancer Family Member or Friend
 Other Cancer _____ Health Professional
 Other Illness _____ Prefer not to be identified

HEALTH PROFESSIONALS CONTINUING EDUCATION (CE)-if applicable

I want 7 CE credits for \$70

License # _____ Kind of License _____

PAYMENT (optional)

Lunch \$15	\$	MC/VISA # (only) _____
CEs	\$	Exp. Date _____ Security Code _____
Donations*	\$	MC/VISA Billing Address _____ Same as above
TOTAL Amount Enclosed	\$	Other _____
		Signature _____
		____ Check Enclosed (payable to Healing Journeys)

To register by mail or fax, fill out this form and send to:

*Our cost for providing this conference is \$75 per person. Any contribution you can make to help cover our expenses is tax-deductible and greatly appreciated.

Healing Journeys
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