



## From Surviving to Thriving

A two-day workshop presented by  
Jan Adrian, MSW and Karen Haas, MA



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and deepen your experience of healing.

### Participant Comments

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##### Why?

Our mission at Healing Journeys is to promote and support wellness by assisting people with cancer or other life-altering illness to access their own healing potential and their ability to thrive. While we have been doing that for 12 years with our free two-day conference, many people have desired additional support for the changes they are making in their lives. This will be an opportunity to personalize, practice and deepen your experience of healing.

##### Who?

This two-day workshop, **From Surviving to Thriving**, is for anyone involved in a healing process - patients, survivors, family members, and health professionals.

##### Where?

Beach Resort Monterey  
2600 Sand Dunes Drive, Monterey, CA 93940  
(831) 394-3321 or (800) 242-8627  
[www.montereybeachresort.com](http://www.montereybeachresort.com)

##### Room rates when mentioning Healing Journeys

Single or double occupancy \$129 Gardenside  
Single or double occupancy \$179 Oceanside  
+ \$6.75 surcharge per room per night

##### When?

Saturday, April 21 - 9 a.m. to 5 p.m.  
Sunday, April 22 - 9 a.m. to 4 p.m.

##### Continuing Education:

13 CE credits approved for RN, MFT, and LCSW  
\$10 additional fee for Continuing Education

● **Energy Anatomy—Where is my energy going and how can I redirect it towards healing?**  
(From the work of Caroline Myss, PhD)

● **Will to Live, Zest for Life, Meaning in Life**  
(Using the work of Larry LeShan, PhD, *Cancer as a Turning Point*)

● **Spirituality in Healing**  
(From Alastair Cunningham, PhD, *Bringing Spirituality Into Your Healing Journey*)

● **Experience of a movement therapy from a local practitioner: Yoga, Qigong, Tai Chi, etc.**

#### Facilitators:

**Jan Adrian, MSW:** When she was diagnosed with breast cancer in 1989, Jan knew that treating the physical body was not enough to heal her. She spent seven years, from 1978 to 1985, as the co-director of the Center for Health Awareness in San Jose, CA, teaching seminars to health professionals on healing from within. She is currently the Executive Director of Healing Journeys, a non-profit organization formed in 1994 to produce **Cancer as a Turning Point, From Surviving to Thriving™**, a program she designed to address healing the whole person. In September, 2006, the 21st program was offered in San Francisco.

**Karen Haas, MA:** When she was diagnosed with breast cancer in 1983, Karen also believed that treating the physical body was not enough to heal her. A year after her diagnosis, she began facilitating groups for cancer patients and family members on healing from within. She later became the Executive Director for the program that had supported her during her treatments, the Cancer Support and Education Center, in Menlo Park, CA. During her seventeen years at the CSEC, she has worked with thousands of individuals, couples and families and presented workshops for health professionals.