



# Time for Living

A Retreat for Breast Cancer Survivors

October 1 – 2, 2011  
Saturday & Sunday

Carter Hall Conference Center at Project HOPE International Headquarters • Millwood, VA

## Celebrate your survivorship

The Time for Living Retreat will be a unique opportunity to meet other breast cancer survivors, indulge in some personal pampering and enjoy the natural beauty of Carter Hall's gardens and historic buildings.

Let us nurture and inspire you during your stay at this special 18th century country estate located on 200 acres of beautiful Virginia countryside. Laughter, hope and sisterhood will be our inspiration. Consider stepping out of your usual routine for two days and take this time for you. Join all of us for some shared support.

Any woman diagnosed with and who has completed treatment in the past two years for Stage 0, 1, 2, or 3 breast cancer is welcome to join us for this two-day retreat.

### Registration fee of \$49\*

Includes lodging in the Stone Carriage House, all of your meals, which will be catered by Village Square, guided meditation and reflective activities, healthy eating choices by Chef Dan; massages and an evening bonfire.

For additional information or to be put on the mailing list for invitations, call Wellspring at 540-536-4981. Your mailed invitation will provide details.

To help us make the most of the retreat experience, the number of participants will be limited.

*\*Limited number of scholarships will be available*

**Wellspring**  
A Source for *Living* with Cancer  
A Service of Winchester Medical Center 

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