

**REGISTRATION FORM**  
**CONTACT THE ORGANISERS FOR DATES**  
**OR [www.lifeforce.org.au](http://www.lifeforce.org.au)**

Retreat Date: \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P/C \_\_\_\_\_

Phone: \_\_\_\_\_

Payment to:

**Life Force Cancer Foundation**  
**PO Box 331**  
**Westgate NSW 2048**

I am paying by: (tick relevant method)

Cheque  Visa  B/Card  M/Card

Amount \$ \_\_\_\_\_

Card No: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Cardholder's Name: *(please print)*

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Signature: \_\_\_\_\_

**LIFE FORCE CANCER**  
**FOUNDATION**  
**PHILOSOPHY**

**HEALING THE WHOLE**

The World Health Organisation definition of health is a "state of physical, emotional and psychological well-being". We must treat more than just the disease; we must treat the whole human being.

**Our philosophy is based on**

- ♥ Recognition of each individual as a whole human being: physical, emotional, psychological and spiritual.
- ♥ The belief that healing takes place on many levels.
- ♥ Recognition and acknowledgment of the experience of cancer as trauma, and the need for appropriate and supportive care for patients, families and carers.
- ♥ The belief in a balanced approach to health care and the right of the individual to have access to psycho-social support in dealing with illness.
- ♥ Recognition of the value of group work as a powerful tool for healing.



**LIFE FORCE CANCER**  
**FOUNDATION**

Est. 1993  
ABN 61 068 056 682  
CFN 15707

Patrons:  
**Gabi Hollows**  
**Prof. Michael Friedlander**



**RETREATS FOR**  
**CANCER PATIENTS**  
**& CARERS**

**Put Meaning and Joy**  
**back into Life**  
**Lift Your Spirits**  
**Renew Your Confidence**  
**and Courage**

**Phone: (02) 9568 0747 or 9564 3289**  
**Email: [info@lifeforce.org.au](mailto:info@lifeforce.org.au)**  
**Internet: [www.lifeforce.org.au](http://www.lifeforce.org.au)**

## About the Retreats

From her own experience of cancer Life Force co-founder, Jilly Pascoe, recognised the need for a more balanced approach to the management of the illness, one which allows the human side to be acknowledged.

Hospital care and treatment is often a traumatic experience. These Retreats are intended to offer follow-up support.

Professor Avni Sali, Professor of Surgery at the University of Melbourne, has said that "support groups, combined with the best medical attention, are the most effective way to deal with the experience of cancer."

It is widely understood now that emotional well-being plays an important role in recovery. Therefore, the Retreats are designed to introduce to people living with cancer a number of activities that can be helpful in achieving and maintaining a feeling of well-being, in order to support the immune system and maximise healing potential.

A number of therapies are offered to enhance the quality of life for patients.

Experience these life-affirming practices at a delightful location away from the hustle and bustle of the city. Too often people living with cancer suffer from the lack of nurturing touch. They need the presence of caring people who understand their situation, and they need the chance to get away from the city and into a beautiful environment where they can directly experience the healing power of nature.

Therapists in attendance include a counsellor, a meditation teacher, yoga or qigong, massage and/or reflexology and reiki practitioners.

## Accommodation

Share-accommodation in a delightful colonial homestead tucked away in a beautiful hidden valley.

## What To Bring

You will need to bring towels, casual clothing (jumpers and jackets in winter), swimmers (in hot weather) and pen and paper. All bedding is provided by our hosts.

## Food

All meals are provided, using delicious wholesome, mostly organic food.

**PLEASE PROVIDE NOTICE IN ADVANCE OF ANY SPECIAL DIETARY REQUIREMENTS**

## How To Get There

"Flatlands" is located off the Kandos Road approximately one hour's drive from Lithgow. Map will be provided. Transport from Sydney can be arranged.

## Cost

The all-inclusive cost for the weekend is \$395 per person. Sponsorship is sometimes available.

## Dates

Retreats are held four times a year. Participants arrive Friday evening and depart Sunday afternoon. Check our website for dates.

## How To Book

Numbers are limited to eight. Preference is given to people with or who have had cancer, but if space is available, carers/family members are welcome to attend.

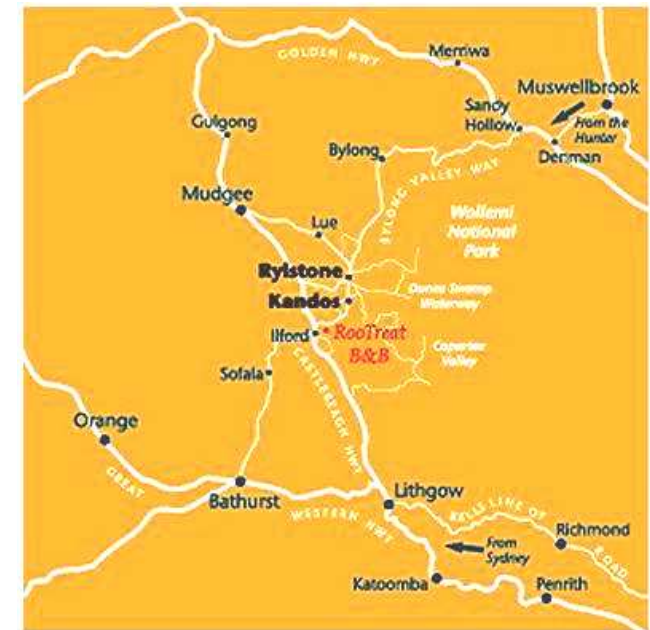
## DETAILS

Where:

Kandos  
Via Ilford



Road



**Cost:** \$395 per person  
\$200 deposit required  
min.14 days in advance

**Contact:** Caro: 9564 3289  
Office: 9568 0747

**Telephone Now  
to Secure Your Place**