

A Breast Cancer Survivor Retreat

Transforming to Survivorship

November 5 and 6, 2016

The Johns Hopkins Avon Foundation is proud to present *Transforming to Survivorship*, the annual fall breast cancer survivor retreat.

Just as autumn is a time of change for the earth, the Transforming to Survivorship retreat is about change in the lives of breast cancer survivors. There is "life before breast cancer" and "life after breast cancer," and each period can and will be quite different. This weekend away is a planned program that includes discussion, yoga, massage, and a pajama party! There is time for reflection and meeting other breast cancer survivors. The weekend activities promote healing and transformation.

This retreat is for women who have been diagnosed with breast cancer and completed treatment* in the last 3 years for stage 1, 2, 3, OR stage 0 (DCIS) breast cancer. *

(*You may attend if you are still receiving treatment with hormone therapy or Herceptin.)

Program Content

Sign-in begins Saturday, November 5, 2016 with sign-in at 7:30 A.M., (breakfast @ 8:00 A.M.), and ends Sunday, November 6, 2016 at 3:00 P.M.

The agenda will include a variety of presentations, group discussions, yoga, and massage therapy as well as time for reflection and meditation. More information will be mailed with receipt of your registration along with directions to the Center.

Registration

Attendance is limited to 20 participants. Please send your registration form and fee of \$49 to reserve your spot. Limited grants are available. For more information, contact Mary Capano at 443-287-0592. mcapano1@jhmi.edu



REGISTRATION FORM

\$49 FEE: COST INCLUDES LODGING, MEALS AND SUPPLIES

Limited grants are available to cover fee.

Due to limited space, registration will be based on date of receipt of application with \$49 check.

Do not send cash: checks only please.

Name _____

Address _____

Email _____

Phone _____

Age _____

Hopkins patient: YES _____ NO _____

Stage at diagnosis _____

Treatment: _____

End of treatment: date: _____

Please respond as soon as possible.

Complete application, detach and mail to the address below with your \$49 check **made payable to Johns Hopkins Breast Center**

Mary Capano, MSN, RN
Johns Hopkins Breast Center
601 North Caroline Street, Room 4150
Baltimore, MD 21287 Phone: 443 287 0592

e- Fax: 1-443-451-8304

email: mcapano1@jhmi.edu

* This program is open to both Johns Hopkins patients and those of other centers in the community and region.

Transforming to Survivorship

has been endowed by
Rob and Janet Jacapraro
in memory of
Carolle Anne Jacapraro.



Location and Accommodations

Transforming to Survivorship will be held in beautiful Bon Secours Retreat Center, Marriottsville, Maryland. All meals and Saturday night lodging are included in fee.

“Located just off Route 70 at the border of Howard and Carroll Counties in south central Maryland, Bon Secours Spiritual Center is easily accessible to the Baltimore/Washington Region. The Spiritual Center sits at the highest point of 313 acres of pastures and woodlands adjacent to Patapsco State Park and commands spectacular views of some of Maryland's most beautiful countryside.”

For additional accommodations beyond the one night of the retreat, contact Bon Secours Spiritual Center: 410 442 1320, <http://bonsecoursspiritualcenter.org/>

For more information, contact:

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Johns Hopkins Breast Center
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email: mcapano1@jhmi.edu

A Retreat for Breast Cancer Survivors

Transforming To Survivorship



Bon Secours Retreat Center

November 5 and 6, 2016



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