## Living with Breast Cancer ... a Day of Retreat

January 26, 2013 8:30 a.m. - 5:30 p.m. Chiara Center 4875 LaVerna Road, Springfield, IL

## Free

**Living with Breast Cancer** ... a Day of Retreat is a gathering for women who share the same diagnosis and the ups and downs that come with living with cancer. Like the rhythms of nature, women living with breast cancer need to balance the stresses of their lives with times of quiet. This retreat provides a time for rest and contemplation and an opportunity to practice mind-body medicine techniques that help relax the body, calm the mind and experience the peace that comes from resting in the present moment.

The retreat is open to all women living with breast cancer — from those who are newly diagnosed to those receiving treatment and/or in remission.

**Bridget Rolens**, retreat facilitator, has formal training in Mindfulness-Based Stress Reduction, a mind-body medicine model developed by Jon Kabat-Zinn at the University of Massachusetts School of Medicine. As a coleader for the St. Louis Insight Meditation Group, Bridget has facilitated meditation groups, taught classes and led retreats since 1997. Her years of experience with the Christian and Buddhist spiritual paths and 12-step recovery have provided a foundation for understanding the spiritual path of transformation that is common to all religions.



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Sponsored by the Hospital Sisters of St. Francis, the Chiara Center offers hospitality to those seeking peace, provides an environment, experience and resources for contemplative living, promotes the Franciscan values of peace, reconciliation and justice, forms leaders in the ministries of healing and develops programs and services to promote a spirituality of healing. Visit chiaracenter.com to learn more.



