



# Metastatic Breast Cancer Retreat

**Sunday, April 22**

**10:00 AM to 4:00 PM**

**Cancer Connection**

**41 Locust Street, Northampton**

Join others living with metastatic breast cancer for an opportunity to share and learn from each other's stories. Participants will connect with those walking the same path and leave refreshed and inspired.

After a welcome and introductions one of Cancer Connection's experienced support group leaders, Vivien Weiss, will facilitate a group discussion. A light, healthy lunch will be followed by several optional workshops and activities.

**Offerings will include: Introduction to Mindful Meditation  
Zentangle®  
Create a Terrarium Garden  
Individual Chair Reiki sessions**

Cancer Connection staff will be available for individual consultations and to listen to participant's ideas for future programs and services that will meet their needs.

**A healthy lunch and snacks will be provided.**

**There is no charge to participate in this event, but space is limited.**

**\* Pre-registration is required \***

**Call Cancer Connection at (413) 586-1642**

**The deadline to register is April 9th - Register today!**

If you have questions about whether this event is appropriate for you, contact Elizabeth Cahn at [programs@cancer-connection.org](mailto:programs@cancer-connection.org).

**Presented by:**



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