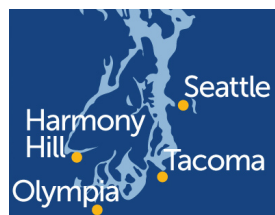


Transforming lives
of those affected by
cancer and inspiring
healthy living for all.

About Harmony Hill

Overlooking Hood
Canal and the
Olympic Mountains,
the 12-acre Harmony
Hill campus includes
beautiful gardens, nature
trails, labyrinths, green-
designed facilities and
cozy accommodations.
House-made, locally
sourced meals are served
in our rustic lodge; caring
staff and faculty nurture
retreat participants at
every turn.



How to Find Us

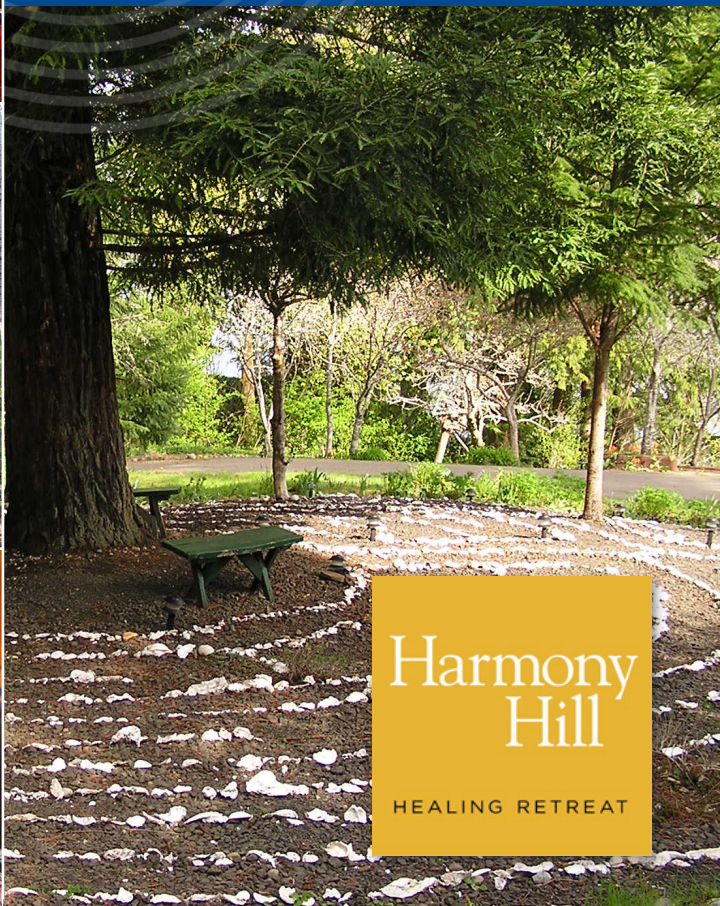
7362 E State Route 106
Union, WA 98592
360.898.2363
877.920.1070 (toll free)
www.harmonyhill.org



Harmony Hill

Cancer and Wellness Retreats and Programs

For those affected by
cancer and for
healthcare professionals



Harmony
Hill

HEALING RETREAT

Cancer, Healing and Survivorship Retreats

Our three-day retreats offer individuals affected by cancer time to reflect and explore the physical, emotional and spiritual challenges of their diagnosis. Through group sessions and activities such as yoga, meditation, guided imagery, poetry and art, our compassionate faculty provides self-care tools and practical resources to help facilitate healing and well-being. A \$25 application processing fee is required for three-day retreat consideration.

NEW!

One-day Retreats

Our new one-day retreats are designed for those who prefer a shorter retreat experience, yet with similar engaging activities and resources.



Thank you

Thanks to our generous donors, all cancer retreats are provided at no cost to participants, including lodging and meals where applicable.

Healing Circles / Cancer Wellness Workshops

Now individuals can access health and healing, meaning and connection to life – right in their own communities. Sponsored by hospitals and clinics as year-long programs, monthly sessions offer topics and activities for patients, survivors and companions alike.

FOR MORE INFORMATION

Website: www.harmonyhill.org

Cancer retreats: call 877.920.1070, x26 (toll free) or 360.898.2363, x26 (local)

Other programs: call 877.920.1070, x12 (toll free) or 360.898.2363, x12 (local)

‘I came here stunned by the trauma of my cancer. Slowly, as I listened to the stories of others and was looked after so warmly by Harmony Hill staff, I began to open up to the world again. It felt sacred somehow, transforming.’



Online Audio and Webinar Resources

Cancer, nutrition and wellness resources are online at www.harmonyhill.org/videos

Health Professional Renewal Programs

Health professionals working with cancer patients experience enormous rewards, yet many seek new tools and resources to better serve patients and themselves. We offer for-fee renewal retreats for health professionals including doctors, nurses, social workers, patient navigators and administrators, as well as customized retreats for entire workplace teams.

Wellness Programs

Our yoga classes and one-day wellness workshops are open to the public year round. Yoga practices of mindfulness, deep breathing and easeful movement help increase strength, resilience and calm while decreasing effects of stress, anxiety and unease. These and other fee-based offerings help support our cancer, healing and survivorship programs.