



We are a nonprofit organization with a mission to transform the lives of individuals affected by cancer and to inspire healthy living for all.

We offer a **variety of programs** at our beautiful retreat center overlooking Hood Canal and the Olympic Mountains. Our campus includes seasonal gardens, nature trails, labyrinths, green-designed facilities and cozy accommodations. House-made, locally sourced meals are served



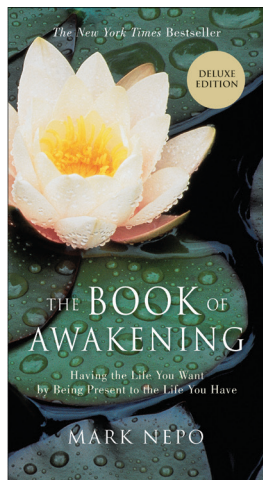
in our rustic lodge; caring staff and faculty nurture retreat participants and guests at every turn.

We offer **group rentals** for conferences, seminars, gatherings and celebrations, and are happy to provide no-cost

event planning services. Call 360.898.2363 x35 or email [guestservices@harmonyhill.org](mailto:guestservices@harmonyhill.org).

Every year Harmony Hill serves thousands living with cancer, seeking a retreat from daily life or making healthy lifestyle changes. To **make a contribution** or learn about our alumni and legacy giving programs, contact [development@harmonyhill.org](mailto:development@harmonyhill.org).

See [www.harmonyhill.org](http://www.harmonyhill.org) for details, including an informative video, *Harmony Hill, Our Mission and People*.



Special Harmony Hill event

## A Mark Nepo Workshop May 7-8

Beloved as a poet, teacher and storyteller, Mark Nepo is a best-selling author and one of Oprah's favorites, using his gifts and voice to elevate humanity. Details at [www.harmonyhill.org/marknepo](http://www.harmonyhill.org/marknepo)

*"My husband and I came to  
Harmony Hill dying from cancer.  
We left living with cancer—  
and that made all the difference."*



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# HARMONY HILL 2018 CANCER, HEALING & SURVIVORSHIP PROGRAMS



Transforming lives  
affected by cancer,  
inspiring healthy  
living for all.

Harmony  
Hill  
HEALING RETREAT



## Cancer Retreats

There's nothing quite like our signature **three-day cancer retreats**. We 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, poetry and art, our compassionate faculty provide self-care tools and practical resources to facilitate healing and wellbeing. Caregivers and companions are welcome. Thanks to generous donors, lodging, meals and curriculum are provided at no cost. Register early — space for retreats is limited and reservations fill quickly.

January 8-10	June 29-July 1
January 26-28	July 17-19
February 6-8	July 31-August 2
February 20-22	August 28-30
March 9-11	September 10-12
March 26-28	November 6-8
April 2-4	Nov. 30-Dec. 2
June 19-21	December 11-13

For retreat details and registration, visit [www.harmonyhill.org](http://www.harmonyhill.org). Application includes a \$25 processing fee. Email [programs@harmonyhill.org](mailto:programs@harmonyhill.org) or call 360.898.2363 x26

Harmony  
Hill  
HEALING RETREAT

## Cancer Wellness Programs

Living with cancer is an ongoing process, and regular support can make a big difference. Individuals can now access health and healing, meaning and connection to life — right in **their own communities**. Each month, skilled facilitators share new tools and resources to increase personal wellbeing through interactive group discussions, journaling, expressive arts and much more. Developed as a yearlong wellness program for cancer patients, survivors and companions, we invite hospitals to sponsor the program for their patients and local community members.

For information about current programs or sponsorship opportunities, call **360.898.2363 x12**

## Health Professional Programs

Working with cancer patients can be enormously rewarding, yet many health care professionals seek new resources and techniques to better serve patients and themselves. Harmony Hill retreats and workshops **optimize provider wellbeing and resilience**, promote healthy work relationships, and enhance patient outcomes and satisfaction. Fee-based 2018 offerings include:

- Two renewal retreats for nurses, April 13-14 and November 2-3
- Customized programs to meet the needs of providers and workplace teams, offered at Harmony Hill or on site at a hospital or clinic.

For more information, call **360.898.2363 x36** or email [healthprof@harmonyhill.org](mailto:healthprof@harmonyhill.org)



## Wellness Workshops

Take a day and relax in a mini-retreat at Harmony Hill. Enjoy the natural setting and time away while you explore how to **live a more healthy, joyful and creative life**. Led by Harmony Hill faculty and staff, workshops are from 10 am to 4 pm and include a delicious lunch in the Lodge. Register now with a family member or friend.

- February 4  
Mindfulness for Presence & Wellbeing
- April 15  
The Joy of Yoga: Back to Basics
- July 15  
Calligraphy: The Fine Art of Handwriting
- November 4  
Food for Wellness: Eating with Simplicity, Balance & Joy

The \$125 fee helps support Harmony Hill's mission. For details and registration, visit [www.harmonyhill.org/wellness](http://www.harmonyhill.org/wellness)

## Videos & Webinars

Cancer, nutrition and wellness resources are free at [www.harmonyhill.org/videos](http://www.harmonyhill.org/videos)