



Harmony Hill
HEALING RETREAT

Rooted in Mission, Transforming Lives

Our Mission is to transform the lives of those affected by cancer and inspire healthy living for all

Harmony Hill is a nonprofit organization with a mission to transform the lives of individuals affected by cancer & to inspire healthy living for all. A variety of programs are offered at our beautiful retreat center overlooking Hood Canal & the Olympic Mountains. The campus includes seasonal gardens, nature trails, labyrinths, green designed facilities, & cozy accommodations. Meals from locally sourced foods are served in our rustic lodge; caring staff & faculty nurture retreat participants & guests throughout their stay.

We celebrate our 32nd year of serving those seeking health & wellbeing and celebrate our Cancer Retreat alumni – over 3,000 people who have come to Harmony Hill for a retreat, & have left rejuvenated.



Our ability to provide cost free retreats for individuals affected by cancer is dependent on the generosity of others. We invite you to become part of our support family by donating a financial gift to the organization toward this purpose. Gifts large and small are appreciated. A scholarship to cover one person's attendance at a retreat is \$1,500. A scholarship to cover a full retreat for 20 attendees is \$30,000.

Donate by mail or online at:
harmonyhill.org/donate

7362 E State Route 106
Union, WA 98592
360.898.2363

harmonyhill.org

Harmony Hill is a 501C3 organization & all donations are tax deductible.

CANCER & SURVIVORSHIP PROGRAMS

2019



Harmony Hill
HEALING RETREAT

PROGRAMS FOR THOSE AFFECTED BY
CANCER & CAREGIVERS



'The generosity of this place is absolutely other worldly. I have never felt so engulfed by kindness.' Cancer Retreat Participant

Cancer Retreats

There's nothing quite like Harmony Hill's 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 the generosity of our donors, lodging, meals, and curriculum are provided at no cost.

General Cancer Retreats

These free retreats require a \$25 application fee

January 11, 12, & 13th

February 12, 13, & 14th

March 5, 6, & 7th

April 1, 2, & 3rd

April 22, 23, & 24th

May 28, 29, & 30th

June 28, 28, & 30th

July 23, 24, & 25th

August 27, 28, & 29th

November 5, 6, & 7th

October 7, 8, & 9th: Metastatic Cancer Retreat

For those affected by metastatic disease and their companions.

Specialty Retreats

April 12, 13, & 14th: From Survive to Thrive

For cancer survivors and their companions. Please note that this retreat has a program fee.

December 13, 14, & 15th: Grief & Loss

For any individual suffering from the loss of a loved one. Please note that this retreat has a program fee.



Healing Circles

Living with cancer can be challenging & social support has been shown to make a positive difference. Most of our cancer retreat alumni experience a profound connection & sense of community that becomes the foundation of their transformative experience. These alumni can find the same health & healing, meaning & connection to life, right in their own communities through participation in one of Harmony Hill's Healing Circles.

Each month, skilled facilitators, trained in the art of healing circles, share tools & resources to increase personal wellbeing for those living with cancer. Through interactive group discussion, augmented by journaling and expressive arts, support and hope are offered as individuals navigate their cancer journey. The new support network of Healing Circles is offered free of charge and will be expanded to a wider number of communities as the program grows over the course of 2019.

The availability of Healing Circles will be shared at the end of each of our cancer retreats, beginning in 2019. Information on these circles can also be accessed by calling 360-898-2363 X12.



'With open hearts, we access our own inner guidance to understand where the greatest healing – in body, emotions, mind, and spirit, can occur.'
Diana Lindsay, Healing Circle Leader

Survivorship & Wellness

Survivorship

New accreditation standards for hospital cancer programs ensure that each person treated for cancer has a survivorship care plan that summarizes care received and provides a roadmap for meeting future care needs. The overall goal of this care plan is to improve the quality of life of all who are affected by cancer. To assist hospitals to meet the expectations of these standards, and to assist those affected by cancer both during and after treatment, Harmony Hill is actively building a full survivorship program. To date our work in this area has focused both on our cancer retreats & on our wellness workshops and retreats.

Wellness Workshops, Programs & Retreats

Please note that these workshops, programs & retreats have a program fee.

Balanced Living Retreats

January 25, 26, & 27 and March 15, 16, & 17

For all individuals interested in learning new skills, in a serene and supportive environment to enhance their work-life balance, reduce stress and distress.

April 5, 6, & 7: Meditation, Mindfulness, and Contemplative Healing Practice

A retreat designed to assist individuals in advancing their healthful practices while building new levels of resilience.

May 3, 4, & 5: Annual Yoga Immersion Retreat

Open to all

