



Inspiring healthy living for all and transforming the lives of those affected by cancer

March 20, 2020

Dear Guests of Harmony Hill and Harmony Hill Community –

Each day of the past few weeks has brought with it more uncertainty for all of us. The Harmony Hill Board of Directors and leadership team continues to make critical decisions to protect the health of all. Now, as always, people gather with Harmony Hill to face life's challenges. We find the path through uncertainty together -- be it a cancer diagnosis, waiting for a test result, and facing the unknown of COVID-19.

Until it is safe, the Harmony Hill campus has postponed all in-person retreats and gatherings. During this extraordinary time when every routine seems upended, Harmony Hill remains committed to our mission of Inspiring Healthy Living and we need you.

We invite you to join us for daily inspiration on our Facebook page and online at www.harmonyhill.org. In the coming days and weeks we are excited to offer Tools for the Journey online where you will be invited to gather with the Harmony Hill community for interactive groups and learn from experts in areas including thought leaders to inspire healthy living, mindfulness, meditation, nutrition, healing circles and daily inspiration. We will continue to let you know as these programs come online so that you are sure not to miss anything.

Our values remain firmly grounded in compassion, connection, community resiliency, vibrant health, education and balance. Our mission remains unwavering toward the destination of *'Inspiring healthy living for all and transforming the lives of those affected by cancer'*.

"Life is not about waiting for the storm to pass...it's about learning to dance in the rain."

We are grateful to everyone who has reached out asking how they can help us at this time. Your support means the world to us and it is what will help us to continue to "dance in the rain". Thank you for inspiring us!

[PLEASE GIVE NOW](#)

Your gift secures Harmony Hill mission to inspire healthy living for all

Grateful for you our tremendous Harmony Hill community,

Cheryl Sesnon, Executive Director, Board of Directors and the entire Harmony Hill Team