

This Retreat is sponsored by
Let Every Woman Know



Mission

Gynecologic cancers claim the lives of thousands of women each year but many are not aware of the signs and symptoms of these cancers. Let Every Woman Know – Alaska is dedicated to raising awareness, sharing information and saving lives through local education of all Alaskans and support for those women living with gynecologic cancers.

Purpose

Let every woman know – Alaska was formed to promote awareness and education about gynecologic cancers in Alaska. Proceeds from Let Every Woman Know – Alaska events will be used to fund programs and projects specifically for Alaskan women.

Organization

Let Every Woman Know is a non-profit run by volunteers, one part time staff member and a small board of directors, many of whom have been touched by gynecologic cancers. Survivors, family members and friends; physicians and medical professionals; cancer support professionals and compassionate community members are all part of the Let Every Woman Know – Alaska team..

www.leteverywomanknow.org



The Retreat Setting

Yukon Island is a haven in wondrous Kachemak Bay, south of Anchorage, Alaska, on the tip of the Kenai Peninsula. It is the largest island in Kachemak Bay, seven miles across the water from small town Homer. The Island, a significant archaeological site, has dense woods, heavy vegetation, tidal zones, abundant sea life and wildlife such as salmon, otters and bald eagles.

The Center

The Dream House was built in 1994 and is over 3000 square feet, and includes meeting room, library, kitchen, bedrooms and dormitory, and sunny dining room. Enjoy bathing in a wood-fired sauna (no plumbing) and using rustic, modern outhouses. Heat is from central wood stoves, cooking and auxiliary heat from propane. The alternative energy system provides modest power and lighting.



LET EVERY WOMAN KNOW

Alaska beach
rustic
RETREAT
For
GYN cancer
SURVIVORS



August 9-11, 2016

YUKON ISLAND CENTER

Kachemak Bay, Alaska



This retreat is designed for women who have survived a GYN cancer diagnosis/treatment and are interested in spending time with other GYN cancer survivors in a relaxed setting. There will be time to rest, walk the beach enjoy quiet time, sauna, and share experiences with each other.

Meals*, lodging, round trip boat ride from Homer, art materials, and a massage from a trained Oncology Massage Therapist are included. An optional sea kayaking tour may be arranged for an additional fee. **

*Special diets will be honored.

**kayaking details/prices TBD

Retreat leaders have experience in group facilitation and peer support and do not provide medical or psychological intervention. This retreat is not intended to take the place of care provided by medical and mental health providers.

Mary Rita Ely: lewkalaskaretreat@gmail.com

Retreat Schedule

(tentative and flexible)

Tuesday, August 9th

- 3:00 Departure from Homer dock (2 trips made)
- 4:00 Check in and light appetizers
- 6:30 Dinner
- 7:30 Introductions /Gathering
- 9:00 Free time/art activity/visitng

Wednesday, August 10th

- 7:30 Coffee/tea
- 8:30 Breakfast
- 9:00 Free time/ massage/beach walk
Massages scheduled throughout the day
- 9:30 Optional Kayaking from retreat beach*
- 12:30 Lunch
- 1:00 Group Gathering
- 2:00 Free time/massage/art activity
- 5:30 Appetizers
- 6:30 Dinner
- 7:00 Wood Fired Sauna/Free time/visiting

Thursday, August 11th

- 7:30 Coffee/tea
- 8:30 Breakfast
- 9:00 Massage/free time/art activity/Beach Walk
- 11:00 Closing gathering and Evaluation
- 12:30 Lunch
- 2:30 Boat departure to Homer

Retreat Application Form

(Please return application with deposit by July 1st)

Name: _____

Address: _____

Phone: _____

Email: _____

This Retreat is being offered free of charge to GYN cancer survivors on a first come, first serve basis through Let Every Woman Know Alaska funding.

\$150.00 deposit is required with this application to hold your place. Checks will be held and returned to participants at the retreat. However, should circumstances require you to change your plans, a full refund will be given if cancelation received by July 1st.

Please Make Check to:
Let Every Woman Know Alaska
(memo: 2016 Survivor Retreat)

Mail application and check to:
Let Every Woman Know Alaska
attn: Mary Rita Ely
3851 Piper Street, Suite U264
Anchorage, AK 99508

The group size is limited to 10 women and space is reserved on a first come, first serve basis. A waiting list will be created when filled. After July 1st, email Mary Rita for availability.

You will be notified of your reservation "status" when application is received. You will also have an opportunity to identify any special dietary needs or special requests as the time draws near. Attempts will be made to assist in car pooling arrangements to and from Anchorage and Homer. Email Mary Rita for further information.

Mary Rita Ely: lewkalaskaretreat@gmail.com