

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

Girdwood is considered to be one of the most scenic areas of Alaska and offers abundant and versatile outdoor adventure opportunities. The Carriage House is located in the pristine, historical Girdwood Valley and offers a quiet atmosphere surrounded by the Chugach National Forest.

The Adventure

Spencer iceberg and Placer River Float is one of the most scenic glacier trips in Alaska. Get up close and personal to the icebergs. Rubber boots, rain ponchos and life vests are provided. Please bring warm clothes, extra socks, a hat and gloves. There are restrooms on the train and at the Spencer Whistle Stop. There are NO restrooms once we are on the river. Backcountry options only. The first stop out of Girdwood will be at Alaska Wildlife Conservation Center with lunch provided. Then you will take the train from Portage into Spencer Whistle Stop.

Once on the river, the experienced and professional guides will row you right up to the picturesque icebergs at Spencer Lake. The panoramic view of the Spencer Glacier and surrounding mountains are beautiful.

LET EVERY WOMAN KNOW

Alaska Adventure
RETREAT
For
GYN cancer
CAREGIVERS



Spencer Glacier and
Placer River Float

September 7th–8th 2019

GIRDWOOD, ALASKA



This retreat is designed for caretakers of women diagnosed with a GYN cancer who are interested in spending time with other GYN cancer caregivers in a relaxed setting. There will be time to rest, enjoy quiet time and share experiences with each other.

Meals*, lodging, round trip train ride with glacier tour from Girdwood are included. An optional massage, Alyeska spa or pool pass or short hike/bike on Sunday afternoon may be arranged upon request.

**Special diets will be honored.*

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 providers.

leteverywomanknow@gmail.com

Retreat Schedule

(tentative and flexible)

Saturday, September 7th

- 10:45 am Meet in Girdwood at Alyeska Resort for pick up
- 11:00 am Van pick up for Alaska Wildlife Conservation Center, Spencer Ice berg and raft trip.
- *Lunch and all gear will be provided (bring water bottle and camera)**
- 5:45 pm Arrival in Girdwood at Alyeska Resort
- 6:00 pm Check in, welcome and dinner at Carriage House B&B
- 7:30 pm Group Gathering
- 9:00 pm Free time/visiting

Sunday, September 8th

- 7:30 am Coffee/tea
- 8:30 am Breakfast
- 9:30 am LEWK information and events/opportunities update
- 10:00 am Closing gathering and Evaluation
- 12:00 pm Check out and optional afternoon activity of your choice with boxed lunch
- (massage, Alyeska spa and pool pass, hike or bike)

Retreat Application Form

(Please return application with deposit by August 15th)

Name: _____

Address: _____

Phone: _____

Email: _____

This Retreat is being offered free of charge to GYN cancer CAREGIVERS 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 cancellation received by August 15th.

Please Make Check to:
Let Every Woman Know Alaska
(memo: 2019 Caretaker Retreat)

Mail application and check to:
Let Every Woman Know Alaska
attn.: Ali Tolman
3851 Piper Street, Suite U264
Anchorage, AK 99508

The group size is limited to 8 participants and space is reserved on a first come, first serve basis. A waiting list will be created when filled. After August 15th email Ali Tolman for availability. (leteverywomanknow@gmail.com)

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 Girdwood. Email Ali Tolman for further information.

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