



"We can't always change what happens to us, but we can change how we respond to the events and challenges in our lives."

Petrea King
Founding Director and CEO
Quest for Life Foundation

for more information
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The **Quest for Life Foundation**, founded by Petrea King, provides programs to address the challenges of cancer, grief, depression or other trauma and provides practical self-help strategies for increasing peace, healing and wellbeing.

Quest for Life

An inspiring, practical, educational and experiential residential program for men and women living with cancer

Program Overview

The diagnosis of cancer impacts profoundly into our lives. The Quest for Life program is a nourishing and uplifting program for men and women living with cancer or other serious illness. This residential program is designed for people seeking ways to actively contribute to their own healing and make meaning of this challenging experience. The program explores many avenues of physical, mental, emotional and spiritual healing and encourages participants to find their own best answers.

The role of intuition in healing, taking charge of our thoughts and feelings and practical strategies to manage aspects of illness are covered as well as dietary guidelines and meditation. The content of the program is always tailored to the participants and addresses practical aspects of living well with cancer and creating an environment for healing. Our nationally acclaimed programs change people's lives in practical and positive ways and people generally leave confident in their ability to meet the significant challenges they face.

There are often other unexpected challenges to juggle around the journey with illness. These may include family or relationship issues, integration of a change in body image or physical energy levels and a changed reality that we weren't prepared for. Partners and loved ones are encouraged to attend and some focused sessions are conducted specifically for them.

24 - 28 May

The Harmony Centre, Bundanoon NSW
formerly the Quest for Life Centre

with Petrea King, Bernadette Arena and Michelle Richmond

\$1755 in shared room | \$1955 in single room
includes accommodation, meals and program
subsidised places are available for people on low incomes
Supported by NSW Health