



**ALBURY WODONGA BREAST CANCER SUPPORT GROUP
PRESENTS**

**SPIRITED WOMEN
WORKSHOP
with
PETREA KING**

AT ADAMSHURST - ALBURY

28TH, 29TH & 30TH OCTOBER, 2009.

FOR WOMEN WHO HAVE EXPERIENCED ANY TYPE OF CANCER

The diagnosis of cancer or other serious illness profoundly impacts the lives of women. There are often other unexpected challenges on the journey with illness which may include family and relationship issues, integration of a change in body image and physical energy levels and a changed reality that we were unprepared for.

In this nourishing and uplifting program we recognise that the greatest gift we can give ourselves, our families or our community is the gift of our own good physical, mental, emotional and spiritual health. Avenues for healing in each of these dimensions are thoroughly explored in this experiential workshop that allows ample time for questions and discussion.

- Learn about the role of intuition and how nutrition and meditation assist healing.
- Develop practical strategies for living well with cancer.
- Recognise that it's not what happens to you but how you respond to what happens that really matters and that your choices make a difference.
- Feel supported and nurtured in an environment with other women experiencing the same challenges.

Petrea King, N.D., D.B.M., D.R.M., Dip. C. Hyp., I.Y.T.A.

Petrea is the best-selling author of eight books including *Quest for Life, Your Life Matters* and her children's books *You, Me & the Rainbow* and *The Rainbow Garden* and a dozen meditation CDs including the *Rainbow Connection* for children.

Since 1984 Petrea's presentations, writings and residential programs have inspired and encouraged people facing life's greatest challenges to make meaning of their circumstances. Petrea's innovative approaches have proved helpful to thousands of people and she is nationally recognized as a leader in the field of health and well-being.

Petrea is a regular guest on ABC national and local radio and she has been featured in many television programs. She has received many awards for her work including the Advance Australia Award, the Centenary Medal, Citizen of the Year and has been amongst the nominees for Australian of the Year each year since 2004.

The cost of the three day workshop and catering will be \$100 per person.
For expressions of interest, please phone Robyn Daly on 02 6021 5353.