

## REGISTRATION FORM

**Two Nights — Single** **\$199**

**Two Nights — Double** (price is per person) **\$169**

ROOMMATE NAME \_\_\_\_\_

**Meals & Conference Fee Only** **\$119**

**Gift** \$ \_\_\_\_\_

My gift to help women who are financially challenged attend the Connect Retreat. (All gifts are 100% tax deductible)

**Less Early Bird Special** (register by 2/28/15) **- \$10**

**Less Buddy Special** **- \$10**

**Total \$** \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

Please let us know of any special accommodations you may require (dietary, mobility, etc.)

## PAYMENT TYPE

**Check** — Please make checks payable to Buffalo Hospital

**Visa**  **MasterCard**  **Am. Express**  **Discover**

ACCOUNT NUMBER \_\_\_\_\_ EXP. DATE \_\_\_\_\_

NAME ON CARD \_\_\_\_\_

SIGNATURE \_\_\_\_\_

### Wednesday, April 8, 2015

4 – 6:30 p.m. Welcome Reception  
 5:30 – 6:30 p.m. First Timers Tour & Orientation 1:1  
 7 – 9 p.m. Stories of Resiliency – Karla Heeter  
 9 p.m. Evening Gratitude/Blessings

### Thursday, April 9, 2015

7:30 a.m. Mass (Optional)  
 8 a.m. Breakfast Social Hour  
 8:30 a.m. First timers Tour & Orientation 1:1  
 9 a.m. Resiliency: Steps Towards Healing – Christy Secor, Part I  
 10 a.m. Coffee Break  
 10:30 a.m. Resiliency: Steps Towards Healing – Christy Secor, Part II  
 11:30 a.m. Break  
 12 p.m. Group Photo & Lunch Social Hour  
 1 – 1:45 p.m. Laughter Yoga

### Connect with Your Inner Artist and Spirit

2 – 4:45 p.m. Art Therapy Mosaic Photo Frame  
 2 – 4:45 p.m. Seated Chair Massage  
 2 – 4:45 p.m. Manicures  
 5 - 5:45 p.m. Guided Imagery  
 6 p.m. Dinner Social Hour  
 7 p.m. Sister- Entertainment  
 8:30 p.m. Dessert and Drawing for Gift Basket  
 9 p.m. Evening Gratitude/Blessing

### Friday, April 10, 2015

7 a.m. QiGong  
 7:30 a.m. Mass Remembrance Ceremony (Optional)  
 8 a.m. Breakfast Social Hour  
 9 a.m. Music for Healing and Wellbeing – Dr. Annie Heiderscheit  
 10:30 a.m. Coffee Break  
 11 a.m. Our Gratitude Journey - Julie Saffrin  
 12 p.m. Lunch Social Hour  
 1 p.m. Closing Ceremony with Photo Memories



## THOUGHTS FROM PAST PARTICIPANTS

“The speakers were awesome and I felt connections and healing from my experience here. Thank you!”

“This retreat is a wonderful place to come to relax, enjoy the wonderful women that have been down the same or similar path as me. Nobody judges you; they are truly walking next to you. They are a wonderful group of women. Thank you for a wonderful time again. The bond and friendship that you get with this group of women will never be forgotten.”

“As a first time participant, I was nervous about attending. The staff and participants made we feel welcome and accepted from the very first greeting at the door. I made many new friends and met some incredible women.”

“Needed to get away, relax and get my head in the right place. The Kings House brings peace to my soul.”



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 763-682-1212

[buffalohospital.org](http://buffalohospital.org)

15TH ANNUAL

# The Connect Retreat

*for women cancer survivors and those whose lives have been touched by cancer.*



April 8 – 10, 2015

Christ the King Retreat Center  
 Buffalo, MN

## The Resilient Survivor

re·sil·ient

/re'zilyent/

adjective

(of a substance or object) able to recoil or spring back into shape after bending, stretching, or being compressed. *Synonyms:* flexible, pliable, supple.

• (of a person or animal) able to withstand or recover quickly from difficult conditions. *“the fish are resilient to most infections” synonyms:* strong, tough, hardy.

Allina Health

**BUFFALO HOSPITAL**

## THE POWER OF CONNECTING

Research shows that cancer survivors live longer, healthier lives, when they connect with others.

As women surviving a cancer experience, whether recently or in years past, the need to connect is common and often strong. Our connections may be with our spirituality, to gain information, resources, tools and techniques for survival, or simply to connect with ourselves.

The Connect Retreat offers all of this and more. This year's retreat begins April 8th, followed by two full days of abundant opportunities to relax, reflect, refresh and rejoice.

## SPECIAL EVENTS

### Welcome Reception

Wednesday, April 8 | 4:00 – 6:30 p.m.

Wine and Cheese and our first opportunity to come together and enjoy the Connect Retreat experience. Light hors d'oeuvres will be served as well.

### Laughter Yoga – Sponsored by Gilda's Club

Thursday, April 9 | 1 – 1:45 p.m.

The practice of laughing for the sake of laughing while decreasing physical and emotional stress in the mind and body.

### QiGong

Friday, April 10 | 7 – 8 a.m.

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you to heal physically, emotionally and spiritually.

### Connect with your inner artist and spirit

Thursday, April 9 | 2 – 5:45 p.m.

- **Art Therapy – Mosaic** – Create your own 4x6 mosaic photo keepsake.
- **Seated Chair Massage** – Enjoy a complimentary seated chair massage.
- **Manicures** – Beautiful nails for a beautiful lady.
- **Guided Imagery**



### Sister

Thursday, April 9, 2014 | 7 – 8 p.m.

Sister brings positive energy, laughter, great music and motivating messages to their ever-growing audience.

### Meet and Mingle Meals

In addition to our Welcome Reception you'll enjoy breakfasts on Thursday and Friday mornings; buffet lunch on Thursday and Friday and a scrumptious dinner on Thursday evening. Make the most of this opportunity to network and connect with other participants.

## SPEAKERS



### Stories of Resiliency

*Karla Heeter*

Our opening session will be uplifting and inspiring. You'll hear how others have battled cancer and found a renewed zest for life with an appreciation for their journey.



### Resiliency: Steps Towards Healing

*Christy Secor*

Each of us has our own story to share and our own path to walk towards healing and resiliency. The wonder and mystery of who we are is what makes our journey unique. As we look at learning how to care for ourselves, we find that resiliency is not a place where we "arrive;" but a path we continually walk. Join us as we make new discoveries about ourselves and travel together towards wholeness.



### Our Gratitude Journey

*Julie Saffrin*

Imagine if you and your memories held the power to create positive, lasting change both in your life and the world around you. Using ideas presented in her book, "BlessBack®:

Thank Those Who Shaped Your Life," Julie Saffrin will guide us to reflect, connect with, and thank the significant people who helped to shape our lives.



### Music for Healing and Well-being

*Dr. Annie Heiderscheit*

Dr. Heiderscheit has been a group favorite at the Connect Retreat and we are so pleased to have her join us as we awaken our spirit through music.

## SPECIAL PRICING

**Early Bird** — Register by February 28, 2015 and take \$10 off the registration fees.

**Buddy Special** — Register with a friend by February 28, 2015 and take \$10 additional dollars off each of your registration fees. (Maximum of \$20 off per person)



## MASSAGE THERAPY

Reserve your 30 or 60 minute massage for \$1.00 per minute session payable directly to the therapist at the retreat. Therapists will be available on Wednesday and Thursday. Indicate your preference below and we will do our best to honor your first choice. You will be notified if your first choice is not available.

### First Choice:

Time \_\_\_\_\_  30 minutes  60 minutes

### Second Choice:

Time \_\_\_\_\_  30 minutes  60 minutes