



# Summer Retreat for Gynecologic Cancer Survivors

Bootlegger's Cove, Anchorage, AK

**Mission:** Let Every Woman Know–Alaska (LEWK) provides creative statewide education, support, advocacy and arts programs unique to Alaska's diverse communities and is dedicated to preventing, facing and ending gynecologic cancers.

**Dates:** August 25<sup>th</sup> or August 26<sup>th</sup>, 2021  
You will be placed in either the August 25<sup>th</sup> group or the August 26<sup>th</sup> group.



The **2021 LEWK Summer Retreat** is a one-day retreat offered two days in a row, August 25<sup>th</sup> & 26<sup>th</sup> in Anchorage, Alaska. This retreat is designed for women who have been diagnosed with a gynecologic cancer and are interested in spending time with other GYN cancer survivors in a relaxed setting. There will be time to rest, walk, enjoy quiet time, and share experiences with each other.

Food\*, art materials, and a massage from a trained Oncology Massage Therapist are included.  
*\*Special diets will be honored.*

*Created by GYN cancer survivors for GYN cancer survivors.*

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

[www.leteverywomanknow.org](http://www.leteverywomanknow.org)

 @leteverywomanknowalaska  
 @leteverywomanknow



## Retreat Schedule (tentative)

Note: Both groups will follow this schedule.

9:00 am – 9:30 am Coffee & Treats

9:30 am – 10:45 am Gathering & Introductions

10:45 am – 11:00 am Stretch & Mindful Movement

11:00 am – Noon Writing Exercise

Noon – 1:00 pm Lunch

1:00 pm – 4:00 pm Massages & Various Activities (Coastal Trail walk, craft, chat)

4:00 pm- 5:00 pm Closing Conversations

5:00 pm – 6:30 pm \*Optional\* Stay for Dinner & Deck Conversations



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## Application Form

Please return application with deposit by July 1<sup>st</sup>.

Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Would you like to stay for dinner?: \_\_\_\_\_



This retreat is being offered **free of charge** to women with GYN cancers through Let Every Woman Know-Alaska and generous grant funding from the State of Alaska.

**\$75 deposit is required** with this application to hold your place. Checks will be held and returned to participants at the retreat. If circumstances require you to change your plans, a full refund will be given if cancellation received by July 1st.

**Please make check out to:**  
Let Every Woman Know-Alaska  
(memo: 2021 Survivor Retreat)

**Mail application and check to:**  
Let Every Woman Know-Alaska  
385 I Piper Street, Suite U264  
Anchorage, AK 99508

- The group size is limited to 6 women per day. A waiting list will be created when filled. After July 1st, email retreat facilitator, Mary Rita Ely, for availability.  
[lewkalaskaretreat@gmail.com](mailto:lewkalaskaretreat@gmail.com)
- You will be notified of your group (August 25<sup>th</sup> or August 26<sup>th</sup>).
- You will have an opportunity to identify any special dietary needs or special requests as the time draws near.
- Attempts will be made to assist in transportation and housing for those attending from outside Anchorage.