

Arts & Healing Retreat for Women with Cancer 11th Year New Retreat at Piseco

A new healing retreat for women living with cancer and other chronic diseases will be offered this fall most especially to serve those living in the Capital District, Mohawk Valley and southern tier of the Adirondacks. Held at the historic Irondequoit Inn on Piseco Lake, the retreat is being presented by Creative Healing Connections, which for eleven years has been holding retreats that use the arts, nature and, most especially, the companionship of other women to support their healing process.

“We provide them a safe space where their stories are held sacred,” said Creative Healing Connections director and professional storyteller Fran Yardley. “We provide them with a wide range of activities and the freedom to select from our menu of offerings what they want to do, whether it is to take yoga classes, workshops in storytelling, songwriting, dream work or creating works of art, massage, taking walks in nature amongst many others.”

“Through the generous support of the Susan B Komen Breast Cancer Foundation, the Adirondack Medical Center Foundation, the Glenn and Carol Pearsall Adirondack Foundation, Stewarts Shops and many generous individuals we are able to offer a wide variety of scholarships so that any person who wishes to attend can afford to. Cost is not a factor.”

“Benefits of our program include the connection women living with cancer can make with each other as a means of building a support network, a safe place to share their emotions and feelings, a forum for learning how to use the arts and dreams to express feelings and experiences, learning how nature, exercise, massage and yoga can strengthen the personal core, foster relaxation and uplift their spirits, and learning how to use ritual, joy and humor to help take control over their lives. Our goal is to help people learn how to enhance their quality of life, sense of self and sense of community.”

Creative Healing Connections is offering two workshops this fall, the first at their traditional location of Great Camp Sagamore near Raquette Lake on September 18-20 and the second at the Irondequoit Inn October 23-25. There are still a few spaces open at Sagamore, the once summer home of the Vanderbilts. Irondequoit was added to provide a facility closer to the major population centers along the Upper Hudson and Mohawk valleys.

Creative Healing Connections web site: www.creativehealingconnections.org

Registration: www.creativehealingconnections.org/sagamore.html