

*You're invited to attend a*  
***Half-Day Virtual***  
***Retreat***  
*hosted by Cancer Navigators*

This virtual retreat is an opportunity to relax and recharge your mind, body and spirit, and is ideal for first-time attendees.

**Attendees May Include**

Cancer Survivors, Caregivers, Former and Current Retreat and Support Group Participants, Healthcare Providers, Cancer Navigators Donors

**Retreat Format**

Participants will be guided through the gentle practices of yoga, meditation, and being in silence. The retreat is designed to provide support focused on engaging the whole person and to remember who we really are individually and collectively at depth.

Facilitators are Dr. Matt Mumber and Heather Reed, Yoga Therapist.

**Saturday, February 6, 2021**  
**8:45 a.m. - 11:45 a.m.**

To attend and for more information, contact Cancer Navigators at (706) 509-5040 by Tuesday, February 2.

Participants will receive a Zoom link and be provided a bag with snacks and helpful information.

Space is limited to 20.

