

Skills for Healing Retreat For People Affected by Brain Tumours

**Downtown Toronto
April 17–19, 2009**

Friday evening to Sunday afternoon

Learn about complete brain tumour care including:

- Negotiating the Medical System
- Stress reduction techniques
- Mind-body connection exercises
- Nurturing a spiritual life
- Meditation (includes informal discussions)
- Diet and nutrition



Dr. Rob Rutledge

Radiation Oncologist, Associate Professor,
Dalhousie University

**Free for people with a diagnosis of a primary brain tumour
and an accompanying family member or friend.**

To register contact Maureen at 416-946-2240
email: maureen.daniels@uhn.on.ca
or visit www.robrutledge.ca

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