



BonSecours Spirituality Center

1525 Marriottsville Road

Marriottsville, MD 21104

(410) 442-1320

<http://bonsecoursspiritualcenter.org/>

Save the date **October 11-13, 2013**

Couples Retreat

FOR PATIENTS LIVING WITH METASTATIC
COLORECTAL CANCER AND THEIR
PARTNERS

This program is offered at no cost to the patient and their partner.
Space is limited. Please register through contacts below.



For more information please contact:

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The goals of this program include:

- Provide couples an opportunity to share and network with others facing the same challenges.
- Provide a program designed to ease psychological distress for the patient and the spouse.
- Facilitate interactions in an environment that is comfortable and conducive to open frank discussions about emotional impact of metastatic colorectal cancer on the patient, spouse and other family members.
- Explore the resources couples need to physically, financially and emotionally cope with metastatic colorectal cancer diagnosis and treatment.
- Incorporate humor as part of the retreat content that provides a means for stress reduction.
- Introduce a variety of methods and techniques that can be used for stress relief and improve quality of life (Yoga, physical activity, meditation, nutrition, positive thinking).
- Provide a spiritual discussion for those seeking this type of connection.