



HOPE BULLETIN

SUMMER 2008

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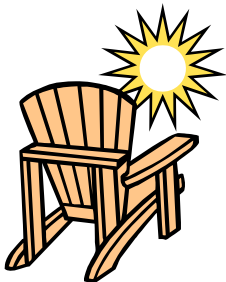
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Summer time and the living is easy . . . However, for the past month or so, the HOPE Cancer Help Centre Inc. has been a virtual beehive of activity! Staff and volunteers have been kept buzzing with preparations for the upcoming 2008 edition of the **Race for Recovery** plus the "Healing with HOPE" Weekend Retreat. Before we know it autumn will be here and things will only get busier!



UPCOMING EVENTS



"Healing with HOPE" WEEKEND RETREAT

Friday, September 19th to Sunday, September 21st, 2008

Queen's House of Retreats
601 Taylor Street West

The retreat will provide an excellent opportunity for cancer patients, their family members or caregivers to take a "time out" from doctors' offices, treatment centres, etc. The weekend will also offer an opportunity to meet with others who share many of the same experiences while on their journey with cancer. Informative workshops and presentations have been selected to help participants cope, heal and move forward with their lives.

The beautiful natural setting of Queen's House of Retreats offers an ideal location for workshops, quiet contemplation and peaceful reflection.

HOPE is pleased to be able to reduce the individual registration fee to only \$100.00 due to generous donations, fundraising efforts and a grant from the Shoppers Drug Mart Life Foundation. The fee includes all workshop expenses in addition to two nights lodging, five meals and snacks. HOPE is also pleased to be able to offer a limited number of bursaries for the retreat.

Deadline for registration is Monday, September 8th, 2008.

Registration is limited to 30

*For full details, please check out our website: www.hopcancerhelpcentre.com

13TH ANNUAL HOPE RACE FOR RECOVERY

Sunday, October 5th, 2008 at 2:00 PM

Vimy Memorial Bandshell, Kiwanis Park



Saskatoon, you've set the pace! The Race for Recovery is HOPE's major fundraising event for the year. All funds raised remain in Saskatchewan to assist cancer patients and their families throughout the province. Last year, the community of Saskatoon truly shone. More than 500 citizens came out to run or walk in the 2 km to 10 km course along Spadina Crescent and the Meewasin Trail. By the time the dust had settled, more than \$75,000.00 was raised! Way to go Saskatoon!

HOPE . . . fosters healing and support for people facing cancer.

Please see reverse ➔

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RACE FOR RECOVERY: *(continued . . .)*



RACE SPONSORSHIP FOR 2008:

HOPE is delighted to welcome AREVA Resources Canada Inc. as the new Race for Recovery Presenting Sponsor! This year's Gold Sponsors are: Affinity Credit Union and Breast Friends. Silver Sponsors are: ASL Paving, Brainsport, and Brooks. Bronze Sponsor is: Cronus Technologies Inc. Patrons of the Race are: Al Hattie Insurance, SIGA, SaskEnergy and Nordic Industries. Friends of the Race are: Yanke Group and Blue Cross. Media Supports are: C95, CTV, The Star Phoenix and Shaw.

HONORARY CHAIR FOR 2008:

Well known media personality, Trish Cheveldayoff has graciously agreed to serve as Honorary Race for Recovery Chair. She will lead off the opening ceremonies at 2:00 PM.

FREE TRAINING PROGRAM:

As in past years, a free six-week training program sponsored by Brainsport and Brooks will be held to help dedicated runners get ready for the race. Official T-shirts will be presented to the first 60 runners who complete the program. **Please contact Brainsport at 244-0955** for full details.

FAMILIES, FRIENDS, FUN AND FOOD:

Everyone is invited to come out for an afternoon of fun! In addition to the actual race, there will be face painting and musical entertainment. When the munchies strike, you can enjoy a tasty smokie, a cookie and a refreshing beverage for only \$3.00!

ON THE BACK BURNER

NUTRITION WORKSHOP

"Vitamins, Supplements, Chemo and You"

Saturday, October 18th, 2008

9:00 AM to 12:00 noon

Boardroom (Room 308)

Saskatoon Community Service Village

300-506 25th Street East

LUNCH AND LEARN

"Our Lives Through Our Eyes"

Wednesday, October 22nd, 2008

12:00 noon

Mamawopiwin Room (2nd floor)

Saskatoon Community Service Village

300-506 25th Street East

STRESS MANAGEMENT WORKSHOPS

"Guided Imagery"

3 x 3 hour Saturday consecutive workshops

October 25th, November 15th and

November 29th, 2008

1:00PM to 4:00 PM

Soft Room (2nd floor)

Saskatoon Community Service Village

300-506 25th Street East



The stories of 10 Saskatchewan Aboriginal women who have experienced breast cancer as told through photographs and quotes.

Developed by the Dept. of Sociology

University of Saskatchewan

Photovoice Research Project

(brown bag lunch)



Full details for all three events will be available in the HOPE Headlines quarterly newsletter, September issue, and on our website: www.hopercancerhelpcentre.com

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