

## The Upcoming 2014 Retreat

**When:** September 5-7, 2014

**Where:** Kenai Riverside Lodge Cooper Landing, Alaska

**Cost:** \$150—Financial Assistance is available! *Not being able to afford it is not an excuse!*

**Space:** First come first served, and limited to 16 men.

Men who have attended the retreat in the past are encouraged to sign up a fellow survivor who has not yet experienced the retreat.

### Interested In Attending?

If you are interested in more information or how to apply for the retreat, either as a survivor or partner of a survivor, contact us at:

The Alaska Native Tribal Health Consortium; *Stacy Kelley*, (907) 729-2927; [sfkelley@anthc.org](mailto:sfkelley@anthc.org)

The Alaska Prostate Cancer Coalition; [prostataek@gmail.com](mailto:prostataek@gmail.com)

### Interested in...

- Volunteering?
- Being a retreat sponsor?
- Offering this event to survivors in your area?
- Starting your own local retreat!

Please contact Stacy Kelley at (907) 729-2927; [sfkelley@anthc.org](mailto:sfkelley@anthc.org)



### The Men's Retreat is offered by:

- The Alaska Native Tribal Health Consortium, Comprehensive Cancer Program
- State of Alaska, Comprehensive Cancer Program
- The Alaska Prostate Cancer Coalition

Other sponsors include: *Anchorage Radiation Therapy Center, Alaska Regional Hospital, Alpine Urology, Alaska Urological Institute, Providence Alaska Medical Center, Central Peninsula Health Foundation*



The Alaska Prostate Cancer Coalition  
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Website: <http://www.ustooak.com>



## MEN'S RETREAT

**For men diagnosed with prostate or testicular cancer**

**Alaska Wildland Adventures Kenai Riverside Lodge**

**Cooper Landing, Alaska  
September 5-7, 2014**

*Visit our website for more information:*

<http://www.ustooak.com>

## The Program:

The Men's Retreat was founded in 2009 to provide support, information and resources to prostate and testicular cancer survivors.

The two-day weekend retreat offers the opportunity to meet fellow survivors and participate in discussions led by Radiation Oncologists, Urologists and other cancer experts.



*"What a beautiful spot for us to come and 'heal' and have the opportunity to discuss openly and frankly with other men about concerns, frustrations and positive progress with our cancer."*  
- Retreat Participant



The retreat is available for men who have been diagnosed with prostate or testicular cancer and have recently completed treatment or have been in remission for many years.

The retreat focuses on total wellness.

Discussion topics may include:

- Living with the fear that the cancer may return
- Dealing with chronic effects of treatment and medications
- Restoring one's sense of joy in the area of sensuality and sexuality
- Physical wellness through exercise and healthy nutrition

Financial assistance is available upon request. If you are a prostate or testicular cancer survivor who needs financial assistance, look no further! The Men's Retreat can offer travel scholarships and fee waivers—you just need to ask.

## The Weekend includes:

- Lodging
- Meals
- Round-trip transportation from Anchorage
- A half-day activity of fly fishing, river rafting or hiking
- All equipment is provided
- No experience is necessary

## Participants Comments:

*"The retreat was a significant emotional event that has helped me in many ways and has made me more open to helping others."* - Retreat Participant



The most valuable part of the retreat was, *"to talk to and learn from others who had experienced prostate cancer diagnosis and various treatment options and the side effects of treatment."* - Retreat Participant

*"It all fit together well, but the fishing with my cancer survivor buddies was incomparable and helped set the stage for building around the total weekend program."* - Retreat Participant

