



CANCER, HEALING and WELLBEING

Accessing the heart and science of Lifestyle Medicine

Offering genuine hope for all those affected by cancer

8 DAY RESIDENTIAL PROGRAM - May 2015

with Drs Ruth and Ian Gawler

Located amidst the natural beauty of Wanaka, New Zealand

PROGRAM OVERVIEW

This life-changing program will cover the full range of Integrative Medicine options, with the emphasis on what people can do for themselves – therapeutic nutrition, exercise and meditation, emotional health, positive psychology, pain management, the search for meaning and so on.

The program is evidence-based and highly experiential so participants will have the opportunity to learn, as well as to experience the food, practise the meditation and to be in a supportive, positive atmosphere.

Ian will personally present the majority of the content and along with Ruth, participants will have the additional support and experience of Liz Maluschnig and Stew Burt; two very experienced and committed New Zealanders.

Ian Gawler overcame a particularly difficult cancer that began in 1975. A bestselling author, Ian began the world's first lifestyle based self-help groups for both cancer and multiple sclerosis.

Ruth Gawler is a GP who for many years has had a special interest in Integrative Medicine and how Mind-Body Medicine specifically can be of help to people affected by cancer.

Together, Ian and Ruth have around 50 years of training and experience that you can draw upon



This program has developed from the hundreds of residential cancer groups Ruth and Ian have facilitated, and aims to provide the tools and knowledge needed to feel well and heal from major illness.

DATES: Friday 15th May to Friday 22nd May, 2015

VENUE: [Peak Function Centre](#), 37 McDougall St, Wanaka, 9305

ENQUIRIES and BOOKINGS: www.canlive.org or **Stew Burt** +64 3 443 4168, stew@canlive.org