



# **CANCER, HEALING and WELLBEING**

*Accessing the heart and science of Mind-Body Medicine*

*Offering genuine hope for all those affected by cancer*

**20 – 24 November 2017 : Fully residential program**

**with Drs Ruth and Ian Gawler**

Located amidst the natural beauty of the Yarra Valley

*This life-changing program provides the opportunity to experience the food, practise the meditation and to be in a supportive, positive atmosphere.*

*The program is evidence based, highly experiential and practical.*

*The focus is on the therapeutic power of the Healing Diet, the mind and meditation, emotional health and positive psychology.*

*The aim is to provide clarity, understanding and confidence.*

Ian will personally present the majority of the content along with Ruth and participants will have the additional support and experience of Julia Broome

**Ian Gawler** OAM, BVSc, MCounsHS  
*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** MBBS, MGPPsych  
*is a GP with a special interest in Mind-Body Medicine, yoga and meditation.*

**Julia Broome** Dip Physio, Dip Health Promotion  
*is an experienced meditation teacher, physiotherapist and Feldenkrais teacher.*



***Take time out, consolidate what you already know, learn more from the knowledge, experience and wisdom of Ruth and Ian Gawler, meet with like-minded people, and go home refreshed, inspired and revitalised***

**DATES** : Monday 20<sup>th</sup> to Friday 24<sup>th</sup> November 2017

**VENUE** : The Yarra Valley Living Centre, Rayner Crt, Yarra Junction, Victoria, Australia

**ENQUIRIES and BOOKINGS** : The Gawler Cancer Foundation [gawler.org](http://gawler.org)  
Telephone 1300 651 211 email : [programs@gawler.org](mailto:programs@gawler.org)

**PRIMARY REFERENCE**

*You Can Conquer Cancer* by Ian Gawler