



WHY ATTEND A RENEWAL RETREAT?

A breast cancer diagnosis is life-altering. Anxiety, self-image, sense of purpose, and strained relationships are common symptoms that often go unaddressed by medical teams during treatment.

Image Reborn retreats are designed to bring awareness to the emotional side of healing and wellbeing. During a retreat, women find comfort in connection and empowerment in learning the practice of self-care.

Whether you are in the midst of treatment or 20+ years out, you are invited to join us!



FREE BREAST CANCER RENEWAL RETREATS

Utah - Colorado* - Florida*
Texas*

*retreats held outside of Utah are
intended for local residents only



You're invited to a
**FREE RENEWAL
RETREAT**

Image Reborn Foundation

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WHAT TO EXPECT

Retreats typically begin Friday evening and conclude Sunday afternoon. The retreat is focused on rest and practical techniques for reducing anxiety. Feeling safe and connected to others opens the body and mind for receiving love and acceptance.

Participants may choose one of three types of retreats based on level of physical activity:

Rest & Renew

Ideal for those more recently recovering from surgery and for those looking to let go and relax. All activities and yoga movements are gentle and restorative.

Active Renewal

This relaxing retreat includes activities and yoga that are slightly more rigorous than the Rest & Renew, designed for those who want to incorporate a little more movement into their healing.

Adventure Challenge

For those looking to push their limits with the camaraderie and support of peers and leaders. Adventures may include ropes courses, canyoneering, and river rafting. Visit the website for current offerings. Locations and agendas vary. Recommended for return guests only. First-time guests are encouraged to register for a Renewal Retreat.



"The retreat was a true experience of unconditional love. We ALL felt it and benefited from it. This is something I want to carry in my heart and bring into my life."

-- Andrea D.

*Image*reborn

WHERE YOU WILL STAY

Most retreats take place in or near Park City, Utah. Accommodations are often donated, meaning the exact location of each retreat varies.

Several retreats each year take place in:

- Summit County, Colorado
- Galveston/Houston area, Texas

New! Retreats are coming to Florida in the fall of 2024!

*Subject to change. Please visit the website for all the details.

FOCUSED GROUPS FOR:

Stage IV
Young Survivors
Hispanic Women (in Spanish)
Deaf & Hard of Hearing Women (in ASL)

HOW TO REGISTER

View current retreat listings and find links to register online at:

www.ImageRebornFoundation.org