

August 13-15, 2010

A WEEKEND TO REJUVENATE!

Soaring Spirits Cancer Survivor Family Camp is a weekend retreat emphasizing physical activity, good nutrition, and personal renewal in the peaceful environment of the Cascade Mountains. Soaring Spirits provides numerous outdoor activities and an opportunity to make new friends, renew spirits and strengthen family relationships.

Included Amenities/Activities:

- All meals & snacks
- Rustic lodging in cabins or dormitory-style lodge
- Communal restrooms & shower facilities
- Power wheelchair accessibility

Basic first aid only

(We do not have the staff to support special needs)

Recreational opportunities and crafts:

- Canoeing / Kayaking
- Swimming
- Horseback Riding
- Writing Workshop
- Birdhouse Building
- Hiking
- Team-building Course
- Bird-watching
- Knitting
- Manicures/Pedicures

Also:

- Oncologist Q&A session
- Fun around the campfire

You can bring your own fishing rod and fish from the dock, and there are bike trails nearby so please feel free to bring your own bike and helmet.

Check-in time begins @ 3:00pm on Friday, August 13

under the canopy outside Pioneer Lodge to the west of the first parking lot.

If you have any questions, contact the Survivorship Office at 541-706-7743

REGISTRATION INFORMATION

Full weekend: \$80 per adult *or* \$220 per family, 2 adults max
(2 nights lodging, 5 meals and all activities)

Saturday day use: \$20 per person
(2 meals and all activities)

Please complete and return the registration form along with your payment by August 6, 2010 — space is limited!

Make Checks Payable to:

St. Charles Foundation-Soar

Return To:

St. Charles Cancer Center
Attn: Survivorship



Directions: Travel west on Hwy 20 towards Sisters, Oregon. Continue approx. 20 miles on Hwy 20 past Sisters. Turn left onto SW Suttle Lake Road. Look for the Soaring Spirits banner on the left indicating the campground.