



Renewing Life is an eight-week program that brings together people in various stages of all different kinds of life-threatening or chronic illness. The goal of the program is to “teach people how to live well with illness.” The program is used by the Comprehensive Cancer Center at the University Hospital in Madison where it was developed. The program is taught around the country in hospitals, clinics, wellness and health crisis centers by local facilitators. Renewing Life is composed of the following eight sessions:

- ◆ Renewing Life Out of Illness
- ◆ The Healing Partnership of Mind/Body/Spirit
- ◆ Creating a Nourishing Circle
- ◆ The Possibilities for Growth in the Feelings You Hate
- ◆ Fear and Love
- ◆ Forgiving, Making Meaning and Reframing
- ◆ Using your Inner Healer and/or Higher Power
- ◆ Making Life Wishes/Loving Yourself Enough to Make Goals

Participants learn about guided imagery, meditation, and coping with negative emotions. Most important, they share their stories and experiences with others in similar situations. “We’re here to help people live in the moment, and to focus on parts of their lives where they have control, meaning, and love.”

The program is being introduced in Green Bay through Beacon House, Inc., a non-profit, volunteer-sustained health organization, whose mission is to provide resources that support the healing process for individuals, families and caregivers involved in life-changing health situations. The information, programs, and services will foster the discovery of joyful living, personal direction, and empowerment in the journey towards healing of body, mind and spirit.



### RENEWING LIFE Registration

Your Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City, State, Zip: \_\_\_\_\_

Choose your preference for the eight sessions:

- Evenings weekly
- Afternoons bi-weekly
- Three-day intensive weekend

Call your local facilitator for the course dates that will fit your schedule or check our website at [www.beaconhouseinc.org](http://www.beaconhouseinc.org). For more information or to register, call Christine Seidl at (920) 676- 1146 or mail this form to: Beacon House, Inc. P.O. Box 1175, Green Bay, WI 54305-1175.

Registration is limited to 12 participants for classes being offered at **no charge** up to \$35 for persons with a serious illness. Participant manual costs \$15. Course fees are \$50 for support persons and \$120 for professionals. Please send in your registration fee to reserve your place in the class.

Sessions are offered on a first come basis and you will be placed on a waiting list for the next class depending on enrollment. Arrangements are made for anyone with special needs (meals, seating, etc.).