



**Mason Health**  
Mason General Hospital • Mason Clinic

Harmony  
Hill

HEALING RETREAT

# CANCER WELLNESS

## FREE MONTHLY PROGRAMS



# STRONGER

# TOGETHER

**2ND WEDNESDAY  
OF EACH MONTH**

**4PM-6:30PM**

**VIRTUAL ZOOM MEETING**

**JOIN US**

HARMONY HILL  
WELLNESS SERIES

Explore what it means to live  
with cancer and heal as a survivor  
in this cancer wellness series.

Free program sponsored by  
Mason Health

**EXPERT**

FACILITATORS

ERIN MARTINACHE, LICSW

MASON HEALTH STAFF

DENISE CARRICO, BFA, CBC-Y

HARMONY HILL FACULTY

## LEARN, CONNECT & BE WELL

Gain new tools and resources to increase personal resilience and wellbeing through group discussion, journaling, expressive arts and more. Harmony Hill's monthly wellness series gives meaning, support and connection for cancer patients, survivors and companions.

## REGISTER NOW

<https://bit.ly/3jffcaM>

Sessions are currently via  
ZOOM, but will return to in-  
person gatherings when  
able.

[www.harmonyhill.org](http://www.harmonyhill.org)



Register Now