

# RUNWAY FOR RECOVERY

## The 1st Annual Recovery Retreat: Recover & Heal

### The Why.

The annual, cornerstone Runway for Recovery event, **The Runway Show**, is like no other breast cancer event or cause. First and foremost, it allows us a community to come together support one another. In line with this event, we would like to support you, the models, outside of our once-a-year gala, with an annual retreat. And we would like the special, unique qualities of The Runway Show to carry over into **The Recovery Wellness Retreat**. This year the theme will be: Recover and Heal

### The When.

Venture Cafe — CIC, Cambridge

Sunday, April 5, 2019

10-1 p.m.

### The Details.

*Spring is a time for renewal and a reminder that even in the harshest winters, flowers still bloom. We want to offer our models the opportunity to carve out a day to renew their energy, to focus on their thought process, and to leave The Recovery Retreat inspired and filled with new tools to access a source of healing. We hope that the retreat will allow the models to begin to take back control and healing through the mind body connection.*

### The Who.

Any model who has ever walked down the Runway is invited to attend. Because of the courage demonstrated by your symbolic and physical journey down the Runway, we want to give Runway models a day to look deeper into their chapter associated with breast cancer and give you the tools to begin or continue to recover from it. This Recovery Retreat will hopefully

leave you feeling appreciated, heard, and gifted the opportunity to rewrite how you view your journey if needed.

### **The Schedule.**

**10:00 a.m.** Introductions, coffee provided; a guided 10-minute meditation to set the intention of the day.

**10:30 a.m.** Our first speaker, Sharon Leggio Falchuck, has a "less is more" approach which stems from navigating her own wellness journey with many sensitivities. She will be sharing how to get back to the basics to rebuild health on a solid foundation. Since she believes the most important factor in health and healing is reconnecting with yourself and your unique needs she will be focusing on working through "Health Crisis PTSD" and learning how to truly nourish and care for the self.

**11:15 a.m.** Breakout for a healthy soup and salad where the Chef can give an explanation of the healing properties of the meal planned.

**11:30 a.m.** Our second speaker, Angel Amy, will discuss ways we can move on from trauma to heal spiritually in order to attract more of what we want.

**12:15 p.m.** We will end by creating small flower arrangements as a take away item and reminder that flowers grow through dirt.

*"I am in awe of flowers. Like you and me, they have dirt in their roots and still have the strength, power and courage to grow through the mud."*



**The Cost.**

We would love to offer this event as a free one to our models. If you would like to make a donation to help us cover supply costs, you may do so when you register.

**The Point of it All.**

At the end of the Recovery Retreat, if you feel like the day started with clear intentions, you were given uplifting and empowering information, you feel like you have tools to move forward, and you walk away with beautiful flower arrangements, we feel like this new annual Retreat will compliment the Runway Show and truly give back to those in our community impacted by breast cancer. And finally, because we draw both survivors and the legacies of those who have passed away, we will be creating a unified community determined to come together to create a network of support: modeling courage and allowing love to endure.

