

Retreat for breast cancer patients to help you nourish and flourish

HENLEY residents affected by breast cancer are invited to take part in retreats designed to aid recovery. Personal trainer and sports massage therapist Sam Ford is running holistic retreats in France, Sweden and the UK for when people's treatments have finished.

The Nourish & Flourish retreats include classes from a team of yoga teachers and Nordic walking with qualified instructor Sam. The retreats also provide healthy and balanced nutrition and encourage mindfulness and relaxation.

And the launch of the humanitarian project coincides with the release of a landmark study, which shows lifestyle changes can reduce the risk of dying from cancer by up to 50 per cent.

Sam, 38, said: "I believe lifestyle factors may contribute to cancer. The retreats are set up with this in mind and are for people affected by breast cancer – after their surgical, chemotherapy and radiotherapy treatments have finished. The programme aims to help people put their lives back on track.

"The retreats involve educating people about eating better, exercising and relaxing. While there is a lot of support for people with cancer, this is a holistic approach and it addresses several factors, including lifestyle, which research has shown may reduce the risk of dying from cancer."

According to the American Heart Association, sticking to seven rules can reduce the risk of an early death. These involve being physically active, eating a healthy diet, maintaining healthy cholesterol levels, keeping blood pressure down, regulating blood sugar levels and not smoking.

Sam, who previously worked for Credit Suisse in London for eight years, developed the idea for the retreats after leaving banking to become a personal trainer in 2006.

Sam, who is self-employed as a personal trainer when she is not running the retreats, has known close family and friends affected by cancer.

She wants to help people – at a price which may not cover her costs.

She said: "I lost one of my friends to leukaemia and a friend's wife to breast cancer. I know two other friends who have had breast cancer and it seems to be affecting people in increasing numbers.

"I want the retreats to instil confidence, to nurture and to energise." She also encourages friends and partners to come to the retreats.



● *The retreats cater for a maximum of six people, including the partners, friends or family of those affected by cancer. They will run in springtime and*

autumn. For more information, visit www.nourishandflourishretreats.co.uk or call 07977 518558. Alternatively, email infor@nourishandflourishretreats.co.uk