

An Evening to Nourish Body, Mind, & Spirit

RELAX & CONNECT

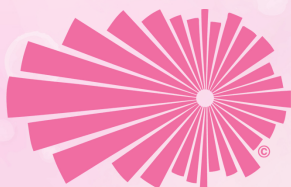
- Connect with fellow survivors
- Reflect and meditate while walking the Labyrinth
- Create artwork through self-expression

NOURISH YOUR BODY

- Artisanal cheese board with fruit, dips, hummus and crackers.
- Spinach and Feta in Puff Pastry
- Scallops wrapped in Bacon
- Boursin Cheese on Cucumber Rounds
- Herbed Sausage and Mozzarella stuffed Mushroom Caps
- Pasta Caprese Station with regular & gluten-free pasta
- Caesar Salad
- Mini Pastries

DISCOVER UPLIFTING & MEANINGFUL PROGRAMS

- Rays of Hope Center for Breast Cancer Research
- Cancer House of Hope
- LIVESTRONG at the YMCA of Greater Springfield & Greater Westfield
- Paradise City Dragon Boat
- Pioneer Valley Riverfront Club Dragon Rays



Rays of Hope

Walk & Run Toward the Cure of Breast Cancer

Baystate Health Foundation

INFORMATIVE PRESENTATIONS

Learn about Breast Cancer Care, Treatment, & Research Updates from Baystate Health with

- Dr. Prarthna Bhardwaj, Attending Physician, Hematology/Oncology
- Dr. Grace Makari-Judson, Co-Director Rays of Hope Center for Breast Cancer Research
- Dr. Holly Mason, Section Chief, Breast Surgery

5 MINUTE CHAIR MASSAGE

Chair massage reduces stress hormones, which lowers high blood pressure and re-awakens the body, mind, and spirit by connecting us to the inner ability to self-heal. It also increases oxygen to the brain, which builds better mental focus.

5 MINUTE 'M' TECHNIQUE HAND MASSAGE

The 'M' Technique® hand massage is a series of repetitive strokes which allows you to relax almost immediately, reducing stress and bringing a sense of calmness.

SHOPPING THERAPY

- Shop new styles and old favorites in the Rays of Hope Store
- Cash, Venmo, Credit/Debit Cards accepted
- There will also be a cash bar for beer or wine purchases. Soda and water is provided for free.