



May 10, 2007

Against All Odds Supports American Cancer Society's We Can Weekend
A Retreat for Adult Cancer Patients and Their Families

The American Cancer Society exists to provide support for cancer patients and their families, as does Nashua based Against All Odds, Inc. No one needs to face cancer alone. Caring and expert help for families is available at the American Cancer Society's upcoming We Can Weekend. A retreat for adult cancer patients and their families. This year, the Nashua retreat will be held August 10-12, at Rivier College.

The weekend is comprised of

- Education: Where families learn about cancer facts and myths, find ways to reduce stress, and learn about helpful community resources.
- Family communication: Learn new, positive ways of expressing concerns and feelings, and of understanding each other.
- Togetherness: Step out of the rush of daily routines to come together as a family, and meet others who are also coping with cancer.
- Workshops: Everyone in the family can learn about communication, intimacy, relaxation, stress management, dealing with fatigue, nutrition, and spirituality.
- Children's activities: A full spectrum, including art projects, games, and physical activities.

The cost is \$35 per family, which includes all accommodations and meals. If you are unable to pay, scholarships through Against All Odds are available. Against All Odds has graciously donated funds to support the Saturday evening activities.

For more information about the American Cancer Society's We Can Weekend, call (800) ACS.2345 or visit www.cancer.org to download a copy of the We Can Weekend brochure.

Against All Odds, a non-profit 501(c)(3) organization. The agency's mission is to provide support to cancer patients, survivors, and their families. The agency, through its fundraising and volunteer base, helps patients research their cancer and access support services. The agency also provides items that help make therapy less stressful and life more comfortable. For more information about Against All Odds, Inc., call (603) 880.4118 or visit www.againstallodds.org.

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