

FOR IMMEDIATE RELEASE
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Living Well With Cancer Is Possible

Omega Announces Third Annual Conference to Explore Healing on All Levels

RHINEBECK, NY –Significant advances have been made in cancer care, allowing many to continue living with cancer as a chronic condition, according to [The National Comprehensive Cancer Network®](#). For some, the illness is not only a part of life, but also a catalyst for increased health, renewed purpose, and a deeper sense of connection to self and loved ones. For the third consecutive year, from August 16–18, 2013 Omega is offering [Living Well With Cancer](#), a conference to help those who have been diagnosed navigate the myriad choices they face on the cancer journey.

“Omega is proud to be a resource for people facing the challenging diagnosis of cancer by offering a range of perspectives and practices that embrace an integrated approach to healing,” said Carla Goldstein, chief external affairs officer at Omega.

Seven remarkable individuals will lead the conference, which begins Friday, August 16 at 8:00 p.m., with keynote addresses from [Kathy LaTour](#), author of *The Breast Cancer Companion*, [Robert “Skip” Backus](#), chief executive officer at Omega, and [Jeremy Geffen](#), MD, an oncologist and a pioneer in integrative medicine and oncology.

“While illness is often difficult to face, there are ways to optimize resiliency at every stage of life,” concluded Carla Goldstein.

[Sandra Gilbert](#) will offer guests an empowering yoga practice, appropriate for everyone, as a lifestyle change that supports healing. Jeremy Geffen will present on the Seven Levels of Healing®, his unique cancer-care program created on the conviction that complete healing addresses the body, heart, mind, and spirit with equal integrity. [Sharon A. Bray](#), author of *When Words Heal: Writing Through Cancer*, will lead a writing workshop to help discharge complex emotions, gain perspective, and foster community. [Carolyn Scott Kortge](#) will lead a gentle, guided walk that links mindfulness with physical self-care. Kathy LaTour will perform her one-woman show, *One Mutant Cell*, and [Scott Burton](#) will provide comic relief with his award-winning juggling and stand-up act that confronts the mystery and fear of chronic disease.

Living Well With Cancer offers patients and their families the opportunity to envision a nurturing and healing approach for the whole person. Health-care providers gain a broader perspective on cancer patients’ experiences and needs, as well as information that will be useful in working with cancer patients. This year’s conference includes a new [tiered pricing option](#).

A limited number of media passes are available. Photography restrictions may apply. To apply for a media pass, email ChrissaP@eOmega.org.



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About Omega Institute for Holistic Studies

Founded in 1977, Omega Institute for Holistic Studies is the nation's most trusted source for wellness and personal growth. As a nonprofit organization, Omega offers diverse and innovative educational experiences that inspire an integrated approach to personal and social change. Located on 200 acres in the beautiful Hudson Valley, Omega welcomes more than 23,000 people to its workshops, conferences, and retreats in Rhinebeck, New York, and at exceptional locations around the world. eOmega.org

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