



Ethlyne J. Davidson, RN  
*Nurse's Touch*

**Are you a cancer survivor?  
What does "survivor" mean after  
a recurrence?  
How can we help ourselves?**



Hallie Saunders  
**An Apple a Day Depot**

**Self Help for Survival**  
**A Six-Week Seminar**  
**For Women with Recurrent Cancer**  
April 29 – June 3, 2010  
6-8:30 P.M.  
205 West State Street  
Black Mountain, NC 28711

**Come join us for this six week seminar, learning ways to support your survival.**

- What is the power of presence in finding one's personal path to health?
  - What is the difference between functional and conventional medicine?
  - Must we resign ourselves to chronic pain and fatigue after treatment?
  - Does one size fit all in nutrition? Are my cosmetics putting me at risk?
- Learn, laugh, share stories, and build a lasting network of support.**

**Self care begins with self knowledge, extends to knowledge of choices  
and to creating support for one's treatment and lifestyle survival plan.  
Our dedicated oncologists work hard on our behalf. What can we do for ourselves?**

**Facilitated by Ethlyne J. Davidson, RN, Survivor**

Ethlyne has been dealing with metastatic breast cancer since 2003, and brings to bear all of her knowledge and skills as an Integrative Health Nurse. She strongly subscribes to Florence Nightingale's philosophy that " Nature alone cures. The task of nursing is to put the patient in the best condition for nature to act." She also believes "The Best Healthcare Starts With Self Care."

**Hosted by Hallie Saunders, Chef, Survivor**

Hallie is a 10-year survivor of breast cancer diagnosed while she was pregnant with her third child. Her oncologist credits Hallie's thriving health to Hallie's personal efforts. Optimal nutrition has been the foundation of her self-care plan. We will share the bounty of her kitchen each week!

**Reservation with pre-payment of \$150.00 required due to limited space.  
Some scholarships may be available.**

**Fee includes weekly meal and resource materials.**

**Please contact Ethlyne at (828) 357-8446 or by email at  
[ethlynedavidson@hotmail.com](mailto:ethlynedavidson@hotmail.com) (put "survivor" in subject line)**