

A diagnosis of cancer changes a life forever.  
But now is the time to change it for the better...

## to thrive beyond cancer.

The Noble Circle Project is committed to creating an intimate and caring community that brings hope, inspiration, empowerment and healing with a focus on nutritional education, complementary healing and group support.

Since 2003, The Noble Circle Project has provided programs for over 160 women, with 30 new women joining each year. The 10-week wellness program is completely provided on a volunteer basis by Noble Circle members. Support from Dayton-area companies and families fund the full costs for all participants.

“Do I think I’d still be alive if I hadn’t found Noble Circle? Yes. I believe medicine could have done that for me. The difference, however, is that because of Noble Circle, I’m more than alive; I’m joyfully living. And life is actually better than it ever was!”

— Jennie Stockslager, Noble Circle Sister  
since 2005



### Join The Noble Circle Project

The program is life changing, giving everyone a helping hand in regaining her sense of empowerment. Each person walks away a better, happier version of herself!

### Where did the name come from?

The Noble Circle Project was named for Allie Noble, a woman who lived in Edinburgh, Scotland, in 1830. Her breast cancer surgery was the first to be documented in medical records. She died from an infection a few months following her surgery, but she was a pioneer — doing things no one else had done for health and wellness. The Noble Circle Project carries on Allie Noble’s courage in embarking on a different path for our healing journey.



For more information:  
Email [healing@noblecircle.org](mailto:healing@noblecircle.org)  
Visit us at [www.noblecircle.org](http://www.noblecircle.org)  
Or call (937) 674-5566

2010 Programs/07.09

*Reclaiming Health Through Nutrition,  
Qigong and Group Support*

## Join The Noble Circle Project

*A Community of Women  
Thriving Beyond Cancer*



2010 Spring and Fall Programs

*Open to all women of any age who have been  
diagnosed with cancer at any time in their lives.*

# The Noble Circle Approach: Healing the Whole Being

The Noble Circle Project offers women with cancer the opportunity to explore complementary healing methods to enhance their cancer recovery and achieve significant gains in their overall well being.

## Where the healing journey begins...

The Noble Circle Program begins with a weekend retreat at the Oakwood Retreat Center in Selma, Indiana. Located on Rainbow Farm, the Retreat Center offers a pastoral setting with few distractions from the outside world.

The in-depth retreat weekend is followed by 10 weeks of Thursday evening classes. Each woman tracks her own progress, practices new lifestyle skills, and comes together with others in her group who face the same issues and questions. Classes are held at One Lincoln Park in Kettering.

Throughout the retreat and 10-week follow-up classes, women living with cancer learn:

- **Whole-foods Nutrition:** The program includes hands-on cooking instructions for preparing nutritious, organic, whole-food meals that can benefit the entire family.
- **Qigong (“chee-gong”):** This gentle form of healing movement strengthens our qi, or life energy.
- **Group Support:** Within the circle of new friends, women can confidentially share stories — helping everyone learn to deal with difficult emotional and spiritual issues that can accompany a cancer diagnosis.

“The Noble Circle Project has been so important in my life. This group understands the *whole* picture and tackles the job of showing women how to get the extra push and attitude needed to get well — in every possible way.”

— Sandy Love, Noble Circle Sister since 2007



## Reclaiming health each and every day...

Healing doesn't stop when the 10-week program ends. Alumni members continue to gather each month to share healthy meals, practice qigong, and support each other in sustaining healthful lifestyles.

“I think of the program as ‘support group unusual.’ It’s taught me the value of hope through relationships with other women who are all different yet share the same quest of cancer survival.”

— Marcia Baskin, Noble Circle Sister since 2008



## Noble Beginnings

The Noble Circle Project was founded by eight Dayton women who wanted to explore complementary healing methods in their journey with cancer. These women learned from Anne Burns, who conducted the first Noble Circle retreat in 2002 in California. They brought back to Dayton the best parts of Anne’s retreat and went on to build The Noble Circle Project as it is today.

“The Noble Circle Project is about being on the cutting edge of self-healing and changing lives — through complementary *and* traditional medicine,” says Jan Lively, one of the founding members. Over the years, The Noble Circle Project has come to be more than physical healing. It instills a greater sense of hope and purpose.

“It’s about the energy,” says Jan. “The organization we’ve become is what creates the environment, where women can heal in various, fabulous ways.”

Ready to live the life you were intended to have and thrive beyond cancer?

## Register for our 10-week program.

Noble Circle members tirelessly donate time and energy holding fundraisers, so that women may attend this program at no charge! Thanks to the generosity of local businesses and families, lodging, meals, and classes are fully covered. Although not expected, you may make a tax-deductible donation toward the cost.

Please register early. Each program is limited to 15 participants. We will contact you soon to confirm your enrollment. If the program is full, you may be placed on a waiting list for the next program.

The Noble Circle Project is not a cancer treatment program. You are advised to consult your physician before participating in this program.

Check the one you would like to attend

Spring 2010: March 19 – May 27

Fall 2010: September 10 – November 18

Please complete the following:

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

*I understand that my full participation is essential to the healing of everyone in the group. By signing below, I agree to attend the weekend retreat and all 10 weekly classes and, to the best of my ability, do a daily 20-minute home or group qigong practice.*

Signature \_\_\_\_\_

Please send this form to:  
The Noble Circle Project  
P.O. Box 750192  
Dayton, OH 45475  
(937) 674-5566

