

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 well-being through programs focusing on nutritional education, complementary techniques and peer support.

Since 2003, The Noble Circle Project has provided programs for over 200 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
Visit us at www.noblecircle.org
Or call (937) 674-5566

2012 Programs/08.11

*Reclaiming Well-being
through Nutritional Education,
Complementary Energy Techniques
and Peer Support*

Join The Noble Circle Project

*A Community of Women
Thriving Beyond Cancer*



2012 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: Focusing on Well-being

In order to enhance their cancer recovery and achieve significant gains in their overall well-being, The Noble Circle Project offers women who have been given a cancer diagnosis the opportunity to explore cutting-edge, quality programming, member participation, and fellowship.

Where the journey begins...

The Noble Circle Program begins with a weekend retreat that is located in 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.
- **Complementary Energy Techniques:** The program begins with an in-depth study of qigong (“chee-gong”), which is a gentle form of movement that strengthens our qi, or life energy.
- **Peer 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...

The focus on well-being doesn't stop when the 10-week program ends. Alumnae members continue to gather each month to share healthful meals, practice qigong and other energy techniques, and support each other in sustaining healthy 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,” according to Jan Lively, one of the founding members. Over the years, The Noble Circle Project has come to embrace more than physical well-being. It instills a greater sense of hope and purpose.

In Jan's words: “The Noble Circle Project is about the energy. The organization creates an environment where women can focus on well-being in various and 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 2012: March 16 – May 24

Fall 2012: September 14 – November 29

Please complete the following:

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

I understand that my full participation is essential to the overall well-being 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