

**Tracy Maxwell** has studied many forms of healing including Reiki, Qigong and chakra-based intuitive and energetic methods (she holds a certification from the School of Intuitive Studies). She has put that training to work as a healing coach and survivorship guide, focusing on women in transition and singles with cancer primarily. Tracy expands possibilities by connecting clients with their vision and value to experience physical, mental, emotional and spiritual wholeness. Healing literally means “to make whole.” The truth is, you are already whole and complete, but anything that has you feel otherwise is in need of healing. Whether it is thought patterns, habits, limiting beliefs, emotional trauma and even physical illness, healing will bring you into your fullest self-expression - your beautiful, creative, fulfilled self. Being diagnosed with a rare form of ovarian cancer in 2006 led Tracy to seek healing, and her health challenges have been rocket fuel for her own spiritual development. Tracy's cancer story has been profiled in *Cure*, *Singularity*, *A Woman's Health*, *Psychology Today* and *Denver Woman* magazines and on two different NBC affiliates. She has presented numerous times at Stupid Cancer's CancerCon on issues of interest to single survivors. First blogging, then publishing a book about her experiences and those of other single survivors in 2014, *Being Single, With Cancer: A Solo Survivors Guide to Life, Love, Health & Happiness* has helped many. From starting a non-profit to appearing on the Katie Couric Show, Tracy has had incredible experiences in her life and loves connecting with others about their amazing lives as well. She spent four months interning at Kokolulu in 2016-2017 and will again for six weeks prior to this retreat. She is very familiar with the farm and the island.

**Aleece Raw** has been a Certified Natural Chef for more than a decade, changing her own diet, and enrolling in Bauman College shortly after her sister died of ovarian cancer. She loves learning and sharing the inherent healing wisdom of nature and our ancestors' food traditions, especially in small, hands-on retreat settings like this one. In 2011, Aleece and her family founded The Garden at Park Hill, a neighborhood farm, restaurant and events center in Denver, Colorado. Their efforts, along with the help of hundreds of volunteers, led to the creation of one of Denver's first mobile farm-stands to bring fresh produce to neighborhood youth and empower the community with more fresh food and food wisdom. She is currently the Director of Culinary Care for Home Care Assistance of Douglas County and founder of Culinary Care Partners LLC. The retreat menu has been structured to provide attendees with 4+ delicious and nutrient-packed snacks and light meals throughout the day. Each features super foods and food for thought in relation to strengthening the attendee's immune systems, stimulating their curiosity and their taste buds, while improving the quality of life through food for those who are or have lived with any form of cancer or other state of dis-ease. Heavily plant-based, the menu features raw, vegan and gluten-free options, but also includes meat, fish, dairy and nuts. Any meal can be modified and substitutes can be made for those with dietary restrictions or allergies if notified in advance. This is a judgment-free zone and all requests are welcome. Lunch is a time for attendees to roll up their sleeves and actively help with preparation. One-on-one questions will be answered with a focus on food as lifestyle and medicine.



## your fearless leaders

PLUS ...

We will also receive instruction and guidance from the incredible staff at Kokolulu - Lew & Karin - as well as local Hawaiian Kahunas and healers.



TRACY MAXWELL

ALEECE RAW