

# Aratika Cancer Trust

Integrative lifestyle and wellbeing  
programmes supporting people and their  
whanau affected by a cancer diagnosis.

**Healing  
Power of  
Food**

**Mindfulness  
Meditation &  
Relaxation**

**Residential  
Retreats,  
Wellbeing  
Seminars and  
Workshops**

**Therapeutic  
Art &  
Imagery**

**The Mind-  
Body-Spirit  
Connection**

**The  
Power of the  
Mind and the  
Science of  
Healing**

## Participants Say...

*“It was beyond my expectations. I have found this retreat life changing and wouldn't hesitate recommending it.”*

*“I now have a greater sense of control over my life.”*

*“I feel less anxious and stressed.”*

*“I know how to improve my wellbeing.”*

*“I have increased self confidence.”*

Aratika Cancer Trust is an incorporated  
society and a Charitable Trust



## Aratika Team

**PATRON**  
Dr Barbara  
Hochstein



**TRUSTEE**  
June  
Grant



**CHAIRPERSON**  
Susan  
Brown



**TRUST MANAGER**  
Claire  
Gower-James



**TREASURER**  
Sarah  
Jamieson



**TRUSTEE**  
Wendy  
Lewis



**FACILITATOR**  
Dr Britta  
Noske



**TRUSTEE**  
Kylie  
Lang



**TRUSTEE**  
Dorien  
Vroom-Barclay



**TRUSTEE**  
Tove  
Jensen-Munroe

### Whaka- whanaungatanga

*A sense of  
family*

### Aroha

*Loving one  
another through  
our empathy and  
compassion*

### Manaakitanga

*Welcoming each  
person with our  
generous hospitality,  
kindness and  
support*

### Karakia

*Creating a  
space for prayer,  
the door-opener  
for Wairua*

### Feedback

“This retreat has been a wonderful experience. It is one of the few mechanisms to help a person with cancer navigate their new life. Aratika programmes are absolutely necessary and should be supported in every way possible.” PK

“This experience has changed my thinking and strengthened me on all levels. I feel much better equipped, with many more strings to my bow.” SW

### Contact

For more detailed  
information about our  
programmes contact  
Claire Gower-James  
Trust Manager  
022 429-5063  
aratika@aratikatrust.co.nz  
www.aratikatrust.co.nz  
www.facebook.com/aratikacancertrust



ARATIKA  
CANCER TRUST