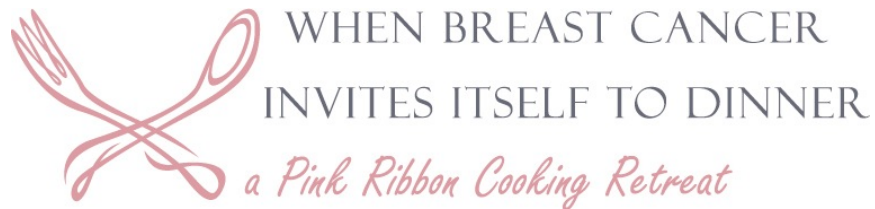


UNIQUE RETREAT WEEKEND FOR BREAST CANCER PATIENTS AND SURVIVORS



October 25- October 27, 2013

Mirror Lake Inn Resort and Spa, Lake Placid, NY

A unique retreat weekend in the heart of the Adirondack Mountains is specifically designed for Breast Cancer patients and survivors and their family and friends. Participants will enjoy a mix of education, enlightenment and delicious food created by Chef Curtiss Hemm of Pink Ribbon Cooking and the team at the Mirror Lake Inn.

Pink Ribbon Cooking was created by Chef Hemm after his experience helping his wife Bridgette in her fight against Breast Cancer. Chef Hemm designed simple meals packed with the nutrition Bridgette needed to keep her strong during her treatments. Chef Hemm now shares those recipes with others who are going through Breast cancer treatment and beyond on the Pink Ribbon Cooking website through a monthly membership.

The Pink Ribbon Cooking retreat takes this effort to the next level through a 3 day event October 25th-27 at the beautiful Mirror Lake Inn Resort and Spa. Participants will be welcomed Friday evening with a cocktail and hors d'oeuvre reception. Saturday will feature workshops on weight management and exercise when living with Breast Cancer as well as explorations into mindfulness and of course Pink Ribbon Cooking Demonstrations. A three course dinner will follow. Sunday features a panel discussion on the impact of Breast Cancer on the individual , family career and life.

For Package prices and availability
(www.pinkribboncooking.com/retreat)

For more information contact Chef Curtiss Hemm
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