

Forge breast cancer survivor retreat held

By [The Blount Countian Staff](#) | on October 25, 2017
by Cheryl Helton



As women and men across the country are uniting in October in the fight against breast cancer, various activities are being held to help honor, support, and empower those affected by this disease.

On Oct. 14, breast cancer survivors and their loved ones from Blount, Cullman, and Walker counties were provided a day of relaxation, rest, and reflection of their breast cancer journey at the Benedictine Sisters Retreat Center in Cullman.

Sponsored by Forge Breast Cancer Survivor Center, the purpose of the free retreat was to unify survivors and co-survivors in rural communities, as well as educate the attendees on the benefits of mindfulness through yoga, prayer, meditation, and reflection.

Sandi Godsey, a breast cancer survivor who attends Forge's Blount County Breast Cancer Support Group, commented on the day's activities: "It was spiritual, uplifting and solace for my body, soul, and mental well-being. I loved it." To learn more about the Breast Cancer support groups or other services Forge provides in Blount, Cullman, and Walker counties, contact Forge Breast Cancer Survivor Center at 1-800-811-8925 or info@forgeon.org.