



*Introducing.....*

# LARCC



## Cancer Support & Retreat Centre

### Overnight Programme

**Arrive 12.00 noon:** Meet & Greet with LARCC Team, followed by Light Lunch

**2 – 5pm:** Relaxing One to One Therapy - options include:  
Reflexology or Indian Head Massage or Reiki,  
with free time to relax, enjoy beautiful grounds & sensory garden etc.

**6pm:** Dinner followed by presentation by guest speaker on  
relevant health related topic

Overnight stay in comfortable ensuite bedroom

**9am:** Continental style Breakfast

**10am – 12noon:** Group Tai-Chi session with qualified instructor

**12.30pm:** Light Lunch

**2 – 4pm:** Group Art Therapy session or Group Mediation /  
Visualisation session with qualified facilitator

**4.30 - 5pm:** Tea / Coffee prior to Departure

Group number required: Minimum 6 persons - maximum 11

Cost per person: €105.00 per person sharing Twin / Double room

€115.00 per person in Single room

LARCC Cancer Support Centre, Multyfarnham, Co. Westmeath

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