



## **CÉRÉMONIE D'OUVERTURE 2009**

### **TÉMOIGNAGE DE DEBBIE**

My name is Debbie. I am English, though Luxembourg has been my home for the past 25 years.

I am a breast cancer survivor, having been clear for almost 7 years. My cancer experience consisted of a mastectomy, chemotherapy, radiotherapy and eventually breast reconstruction.

When I was ill and recovering, I felt very strongly that I should take a share of the responsibility for my own healing, and this I did in several ways :

- I changed my diet
- Had acupuncture to re-balance my energy levels, and
- Put my mental house in order, during long walks in the forest with my dog.
- I also examined and faced up to my fears, and embraced all that was good in my life.

However, that was only part of the story. I couldn't do it all alone, of course.

I feel blessed to have been supported by a strong medical team - specialists in their fields, but also by my family and friends. They were

the ones who made nourishing meals for me, or brought me cups of tea, or took me out and made me laugh.

We are all fragile, and by holding someone's hand, terrible situations become bearable and no longer so frightening.

I feel very honoured to be here today and can't help but draw comparisons between my own philosophy and the spirit of the "Relais pour la Vie". The sense of solidarity in this room is tangible and moving.

Each person who walks or runs around this track is symbolically "holding another person's hand" and don't underestimate just how wonderful that is.

Thank you.