



CAMP RESILIENCE

• FIRST RESPONDER RETIREE RETREAT - 2024 •

MAY 14 - 17

Join us for 4 days of rejuvenation and adventure in Gilford, New Hampshire!

Calling all First Responders, who are retired or approaching retirement!

Camp Resilience, a proud partner of Forge VFR, offers an exclusive “Thriving in Retirement” retreat for First Responders who are retired or approaching retirement. Retreats are designed to enhance your quality of life and mental and physical health. Join us! – and engage in exciting outdoor sports/recreation activities, workshops, and fireside chats with your peers.

You Matter. Your Health Matters.

Participants will explore topics, such as:

- Navigating the transition into retirement
- Finding purpose
- Strengthening mental and physical health
- Avoiding isolation and boredom
- Creating structure, and thriving in retirement

Retreats may include activities adapted to individual abilities, such as:

- Hiking
- Kayaking
- Rock climbing
- Tai chi
- Yoga
- Meditation

Lodging, meals, and activities are provided at no cost to participants.

Space is limited. To apply:

<https://camp-resilience.org/retreats/>

Questions call: 978 -219-4003

www.camp-resilience.org

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www.forgehealth.com/vfr/

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