



# CAMP RESILIENCE

RESILIENCY & WELLNESS RETREAT - 2024

**APRIL  
12-14**

Join us for 3 days of rejuvenation and adventure in Gilford, New Hampshire

Camp Resilience, offers this retreat to Veterans and Servicemembers. Workshops will be focused on effective ways to work through challenges, improving wellbeing and building resiliency skills through small-group discussion and hands-on activities.

## You Matter. Your Health Matters.

Retreat will feature:

- Life Skills Workshops
- Daily Facilitated "Rap" Sessions
- Tai Chi or Yoga

AND, other FUN activities, such as:

- Hiking
- Kayaking
- Biking
- And MORE...



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



Space is limited. To apply:  
<https://camp-resilience.org/retreats/>  
For questions call: 978-219-4003  
or email: [info@camp-resilience.org](mailto:info@camp-resilience.org)