

CAMP RESILIENCE

• 2024 WOMEN VETERANS RETREAT •

**MARCH
8-10**

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

Led and facilitated entirely by women and will include workshops focused on resiliency and topics based on wellness through lifestyle changes. In addition, the retreat will include fun activities adapted to your level of physical ability.

You Matter. Women Helping Women.

Retreat will feature:

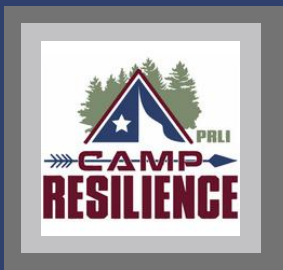
- Wellness & Self Care
- Resiliency workshops
- Group discussions
- And MORE...

AND, other FUN activities, such as:

- Hiking/Snowshoeing
- Yoga/Aerobics
- Functional Fitness



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



Space is limited. To apply:
www.camp-resilience.org/futureretreats

Questions 978-219-4003
info@camp-resilience.org

