



CAMP RESILIENCE

• 2023 WOMEN VETERAN HYBRID RETREAT •

**August
23 - 25**

Join us for a three day retreat rejuvenation and adventure in Bristol, New Hampshire!

Led and facilitated entirely by women, this retreat will be a combination of equine interaction activities at Ladd Farm in Bristol and other FUN activities adapted to your level of physical ability. Workshops will focused on wellness through lifestyle changes.

You Matter. Women Helping Women.

- Workshops will include:
- Natural Horsemanship
 - Wellness & Self Care
 - Stress Solutions
 - Effective Communications

- AND, other activities, such as:
- Golf Simulator
 - Painting
 - Red Cross Sessions



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

