



# CAMP RESILIENCE

• ARMOR UP RETREAT FOR FIRST RESPONDERS •

JANUARY 31 TO  
FEBRUARY 3

Join us for 4 days of rejuvenation and adventure  
in the breathtaking Lakes Region of New Hampshire

Camp Resilience, a proud partner of Forge VFR, offers an exclusive “Armor Up” retreat for First Responders.

Retreats are designed to enhance your professional performance by prioritizing your mental and physical health. Join us! – and engage in exciting outdoor sports/recreation activities, life skills workshops and fireside chats with your peers.

## You Matter. Your Health Matters.

Learn how to practice self care to avoid burnout and manage your stress. Retreats support First Responders by engaging in outdoor sports / recreation activities such as; hiking, rock climbing, tai chi, yoga and meditation. Activities will be adapted to individual physical abilities and promote health and wellness through movement and physical activity.

Please consider joining us for a reflective an invigorating retreat experience.

Participants will need to self-regulate during emotionally challenging peer facilitated discussions, workshops and learning activities. Please arrange your own transportation to/from Gilford, NH.

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

Space is limited. To apply:  
[calizio@forgehealth.com](mailto:calizio@forgehealth.com)

Questions???? 978 -308-9582

[www.camp-resilience.org](http://www.camp-resilience.org)  
[@CampResilience](https://www.instagram.com/CampResilience)

[www.forgehealth.com/vfr/](http://www.forgehealth.com/vfr/)  
[@ForgeVFR NH](https://www.instagram.com/ForgeVFR)

