



## Retreat for Women Veterans

Are you a woman veteran looking to spend time with other female veterans and discuss issues unique to female veterans? If so, this Camp Resilience women's only retreat may be just right for you. The retreat will be led and facilitated completely by women and will include workshops discussing such topics as wellness through lifestyle changes, social skills, building resilience, trauma recovery and dealing with moral injury.

In addition to workshops, the retreat will also include challenging team-building activities at the Escape Hour House and sports activities like snowshoeing, downhill skiing, yoga and water aerobics.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH.



**WHO:** Women Veterans  
**WHEN:** Jan 7<sup>th</sup>–10<sup>th</sup>, 2019  
 The Gunstock Inn  
**WHERE:** 580 Cherry Valley Rd  
 Gilford, NH  
**APPLY:** <http://www.camp-resilience.org/apply>

For more information about Camp Resilience go to  
[www.camp-resilience.org](http://www.camp-resilience.org) or  
[www.facebook.com/CampResilience/](http://www.facebook.com/CampResilience/)

Send questions to  
[info@camp-resilience.org](mailto:info@camp-resilience.org)  
 or call (978) 219-4003.