



## *“Armor Up” Retreat for First Responders*

Camp Resilience is very happy to partner with VFR Healthcare to offer an “Armor Up” retreat for First Responders. The retreat is designed to help you enhance your professional performance, prioritize your physical & emotional health, and enable you to engage, support, and foster self-care in those around you. It will include workshops on topics like physical & emotional wellness, stress management, behavioral health awareness, avoiding burnout, how to engage and support others who may be struggling, and putting self-care into practice.

In addition to the workshops, the retreat will also include exciting and challenging sports activities like rock climbing on indoor climbing wall, snowshoeing in the beautiful Lakes Region of New Hampshire and yoga.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH. Applications should be submitted not later than Jan 15<sup>th</sup>, 2020.



<b>WHO:</b>	First Responders
<b>WHEN:</b>	Jan 29 <sup>th</sup> – 31 <sup>st</sup> , 2020
<b>WHERE:</b>	The Gunstock Inn 580 Cherry Valley Rd Gilford NH
<b>APPLY:</b>	<a href="http://www.camp-resilience.org/apply">http://www.camp-resilience.org/apply</a>

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

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