



Path to Resilience Retreat for Veterans and Members of the Military

Join PRLI for a Camp Resilience retreat that will teach you how to:

- Better manage stress
- Build resiliency
- Cope with and respond to stressful situations and triggers
- Use mindfulness techniques to meet goals

While you reflect and grow, enjoy rejuvenating activities such as kayaking, hiking, and yoga in the scenic Lakes Region of New Hampshire.

Lodging, meals, and activities are provided at no cost, but participants must arrange your own transportation to/from Gilford, NH. Participants must provide evidence of a negative COVID-19 test NLT Sep 23. Test expenses will be reimbursed.

**TO REGISTER AND FOR MORE INFORMATION VISIT
[CAMP-RESILIENCE.ORG/VIRTUALEVENT](https://camp-resilience.org/virtualevent)**

WHEN
Sept 25-27, 2020

WHERE
The Gunstock Inn
Gilford, NH

APPLICATIONS
ACCEPTED
UNTIL:
Sept 21, 2020

Please send questions to info@camp-resilience.org or call 978 219 4003.