



# CAMP RESILIENCE

• 2023 WOMEN VETERANS RETREAT •

**MARCH  
20-23**

Join us for 4 days of rejuvenation and adventure in Gilford, New Hampshire!

Led and facilitated entirely by women and will include workshops focused on resiliency and topics based on wellness through lifestyle changes. In addition, the retreat will include fun activities adapted to your level of physical ability.

## You Matter. Women Helping Women.

Retreat will feature:

- Wellness & Self Care
- Mindful Eating & Healthy Cooking
- Group discussions
- And MORE...

AND, other FUN activities, such as:

- Hiking
- Indoor Rock Climbing
- Yoga
- Functional Fitness
- Water Aerobics
- Skiing



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



Space is limited. To apply:  
[www.camp-resilience.org/futureretreats](http://www.camp-resilience.org/futureretreats)

Questions 978 -219-4003  
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