

WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES



NOVEMBER 2-4, 2018

Come and learn new ways to socialize, improve your skills, and learn how to take great care of yourself! Activities will include preparing and cooking meals, games, and time to relax. We will be going outdoors to explore Camp Bliss and do some fishing for those who want to fish. What to bring: warm clothing, medications, and anything else you will need for the weekend. You must have your fishing license to fish.

Cost: \$75.00 for the weekend. If you bring your own PCA, there is an additional charge of \$35.00. The PCA will also need to register separately for this retreat. The fee includes: lodging, fishing/supplies, and all meals/beverages. Massages are offered for an additional \$30.00 per ½ hour and must be booked in advance.

If you are currently a consumer of Independent Lifestyles, transportation to and from Camp Bliss is offered from our Sauk Rapids location for an additional cost of \$15.00. Otherwise you are responsible for your own transportation.

To register: Fill out the registration on the back and return it with your payment to Independent Lifestyles.

****We need to receive your registration five (5) days prior to Retreat date****



For more information about Camp Bliss
please go to our website:
www.campbliss.org



COME UP NORTH AND FIND YOUR BLISS!

REGISTRATION



WELLNESS & SOCIALIZATION FOR WOMEN WITH DISABILITIES LODGE – NOVEMBER 2-4, 2018

Check in time on Friday is 4:00pm. Check out time on Sunday is 10:00am.

CONTACT INFORMATION:

Attendee

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Room Type: _____

Allergies (ex. food, environmental, medications, etc.): _____

Medical Conditions (ex. diabetic, pacemaker, seizures, etc.): _____

Emergency Contact (Name and Phone Number): _____

If a massage is offered at your retreat please indicate here if you would like to book one.

½ Hour Massage - \$30 _____

**** You will need to pay by cash or check to Massage Therapist at time of Massage ****

Please enclose payment made out to **Camp Bliss** or to pay by credit card fill out below:

Type of Card: _____

Name on Card: _____

Card Number: _____

Expiration Date: _____ CSC Code: _____

Total Cost: _____

Return Registration to Independent Lifestyles (Attn: Anne R.) – 215 North Benton Dr. Sauk Rapids, MN 56379 or email it to anner@independentlifestyles.org or call 1-320-281-2023.

Once registration is received you will get a confirmation and welcome letter with more details.

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