

WELLNESS AND SOCIALIZATION FOR WOMEN WITH DISABILITIES



NOVEMBER 1-3, 2019

Come and learn new ways to socialize, improve your skills, and learn how to take great care of yourself! Activities will include self-care and wellness, 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: clothing, medications, towels, 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 (Attn: Anne R.) 215 N. Benton Dr., Sauk Rapids, MN 56379 or email it to anner@independentlifestyles.org or call 320-281-2023.

****We need to receive your registration ten (10) days prior to Retreat date****

Check in -Friday, 4:00pm
Check out - Sunday, 10:00am **12 people maximum**

Camp
Bliss

For more information about Camp Bliss:
www.campbliss.org



REGISTRATION



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Contact Information:



Attendee

Name: _____

Address: _____

City, State, Zip: _____

Phone: _____

Email: _____

Room Type Preference: _____

Allergies: _____

Medical Conditions: _____

Emergency Contact: _____

Please indicate here if you would to book a 1/2 hr. massage: \$30 _____

You will need to pay by cash, check, or money order to the Massage Therapist at time of massage.



Please mark below how you are paying. All payments must be made out to **Camp Bliss**.

Cash: Check: Credit Card: Money Order: Misc.:

COME UP NORTH AND FIND YOUR BLISS!