

TOPS Retreat General Guidelines

Please save for future reference to help you in your plans to join us.

Site:	Camp Caroline
Location:	Caroline, Alberta
Dates:	June 6 – 11, 2010
Website:	www.campcaroline.ab.ca



64 Openings available for adult (18 years and older), female members

\$475.00 Canadian Funds payable to **TOPS Canadian Retreat** by **Money Order** or **Check**

If you must cancel your reservation, contact Canadian Registrar immediately at (416) 783-3802
Yola Cornacchia, 141 Lyon Court, Apt. 707, Toronto, ON M6B 3H2 Canada

If on **special diets** or if you have **food allergies**, contact your health care provider and Retreat Director before retreat to be certain that this experience will be possible for you. **Food substitutions** are **very limited**. Please do not bring food to retreat unless cleared with Retreat Director.

The purpose of a retreat is **not** quick weight loss.

A 1,500 calorie daily menu divided into three meals should satisfy and aid your progress toward your goals. Nutritional information is from “**The Choice Is Mine, revised**”. We center on improving eating habits, increasing physical activity and increasing positive attitude while making new friends. Sessions target a variety of topics including nutrition information, self-esteem, and goal setting.

Retreat focuses on helping each other take and keep off pounds sensibly

- Casual, comfortable shoes and clothing. (Outside shoes cannot be worn in facility. Bring separate shoes to be worn in the gym.)
- Bring your personal care items and medication.
- Sleeping quarters are assigned at random to make new friends.
- Bring swimsuit – indoor pool and hot tub available.
- No alcoholic beverages are allowed at this site.
- Smoking outside of buildings in designated areas only.
- Bedding, linens and towels are **NOT** furnished.
- Topics that may be controversial are not used as subject matter.
- TOPS Rules and chapter situations are not subjects of discussion.
- Confidential matters are respected and treated as such.
- Please remain at the site except for emergencies while keeping outside contact to a minimum.

Director for this retreat:	Deanna Bies 14253 W Nike Loop Rapid City, South Dakota 57701-9601 Phone: (605) 348-3897 Cell: (605) 390-0812 email: tops4ever@wescomm.com
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