

TOPS Retreat General Guidelines

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



Site: W. E. Skelton 4-H Education Conf. Center
Location: Wirtz, VA 24184
Dates: August 22 – 27, 2010
Website: www.retreatatmithmountainlake.com/conferences.html

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

\$425.00 (U.S. Funds) payable to **TOPS Club, Inc.** by **Money Order** or Check

If you must cancel your reservation, contact US Registrar, Bernie Burkhardt immediately at TOPS Club, Inc., P.O. Box 070360, Milwaukee, WI 53207-0360 **(414) 482-4620, ext 13**

A \$50.00 cancellation fee on registration refunds will be charged

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.
- Bring your personal care items and medication.
- Sleeping quarters are assigned at random to make new friends. Two people per room, private bath.
- No alcoholic beverages are allowed at this site.
- Smoking outside of buildings in designated areas only.
- Bedding, linens and towels are 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: Terri Ord
Phone: (206) 618-4322
Email: key2kops@aol.com

**Please add this email address to your address book
in order to be certain you receive email from the Retreat Director**