



## TOPS Retreat General Guidelines

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

**Site:** Castaway Club  
**Location:** Detroit Lakes, MN  
**Dates:** April 6 – 8, 2018 (Friday-Sunday)  
**Website:** [www.castaway.younglife.org](http://www.castaway.younglife.org)

**34 Openings available** for adult (18 years and older), **female and male members**

**\$199.00** (U.S. Funds) payable to **TOPS Club, Inc.** by **Money Order or Check**

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

Also, if you violate TOPS Retreat Rules by failing to bring a caregiver when needed or bringing your own food without permission, your participation in the retreat will be ended and you must leave the retreat.

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

**\*in addition, if retreat is charged by the facility for a cancellation, that charge shall also be deducted from any refund.**

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. Vegan eating plans cannot be accommodated.** Please do not bring food to retreat unless cleared with Retreat Director. **A snack will NOT be included on the menu.**

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

A 1,500 -1,800 calorie daily menu divided into three meals should satisfy and aid your progress toward your goals. Nutritional information is from "**Real Life: The Hands-on Pounds-off Guide**". 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.**

### **IMPORTANT:**

- **There is a significant amount of walking around the grounds. Not everything is in one building and stairs may be involved. There are no elevators.**
- **Sleeping rooms will be dorm style with 6 to a room with private bathrooms.**
- **The ladies and men will have separate dorms.**
- **There are a few private rooms but an additional charge of \$15/person/night will have to be paid at the site.**
- Casual, comfortable shoes and clothing. A swimsuit is not required.
- Bring your personal care items and medication.
- Sleeping quarters are assigned at random unless other arrangements have been made.
- No alcoholic beverages are allowed at this site.
- Smoking outside of buildings in designated areas only.
- Bedding and towels are provided.
- 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**  
**(Cell) 605-390-0812**  
**Email [tops4ever@svtv.com](mailto:tops4ever@svtv.com)**

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