



TOPS Retreat General Guidelines
Please save for future reference to help you in your plans to join us

Site: Twin Rocks Friends Camp & Conf. Ctr.
Location: 18705 Hwy 101 N., Rockaway Beach, OR
Dates: October 14-19, 2018
Website: <http://www.twinrocks.org/>

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

\$375.00 (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.

Must be able to walk a significant distance between the cabins, meeting, or dining rooms

Must be able to navigate steps, paved, or sidewalk areas throughout the grounds

- Bring casual, comfortable shoes and clothing. No swimming is allowed.
- Bring your personal care items and medication.
- No alcoholic beverages are allowed at this site.
- Smoking outside of buildings in designated areas only.
- Linens and towels 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.
- Room arrangements for couples (if requested) will be in one room with a queen bed.
- Singles will share a cabin with a private bath and two separate beds.
- Closest airport is Portland (if you need a ride please indicate this on your registration form).

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.

Retreat Director for this retreat is: Deanna Bies
(Cell) 605-390-0812
Email tops4ever@svtv.com

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