



## TOPS Retreat General Guidelines

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

**Site:** Shepherd's Springs  
**Location:** 16869 Taylors Landing Road, Sharpsburg, MD 21782  
**Dates:** June 17 – 21, 2018  
**Website:** [www.shepherdsspring.org](http://www.shepherdsspring.org)

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

**\$530.00** (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.**

- Casual, comfortable shoes and clothing.
- Bring a swimsuit as there is a swimming pool available.
- 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.
- 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.

**Cynthia Mack** (*Retreat Director*)

58 Wheeler Crescent Regina, Saskatchewan S4R 6H5

Phone: (306) 586-2709 Email: [cymack@myaccess.ca](mailto:cymack@myaccess.ca)

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