



TOPS Retreat General Guidelines

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

Site: Shalom Spiritual Center
Location: 1001 Davis St. Dubuque, IA 52001
Dates: June 28-30, 2019 (Friday-Sunday)
Website: <http://www.shalomretreats.org>

25 Openings available for adult (18 years and older), **female members only**

\$330.00 (U.S. Funds) payable to **TOPS Club, Inc.** by Credit Card, Check or Money Order

If you must cancel your reservation, contact U.S. 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. **DO NOT bring any food** to Retreat. If you have specific food allergies or food limitations, you **MUST** contact the Retreat Director prior to the Retreat. Menu adjustments are limited and must be made in advance, *if possible*, by the Retreat Director, with the facility. All meals contain animal protein.

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. A swimsuit is not required
- There is a significant amount of walking around grounds
- Bring your personal care items and medication
- Sleeping quarters are assigned at random to make new friends
- Sleeping rooms will be single and double occupancy with shared bathrooms down the hall – dorm style
- Sleeping, eating, and meeting all in the same building. There are three floors with an elevator
- No alcoholic beverages are allowed at this site
- Non-smoking buildings. Smoking outside of buildings in designated areas only
- Bedding/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:

Deanna Bies

Phone: (605) 5390-0812 Email: tops4ever@svtv.com

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