



## TOPS Retreat General Guidelines

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

**Site:** Five Oaks Centre  
**Location:** 1 Bethel Road Paris, Ontario N3L 3E3  
**Dates:** August 11-15, 2019 (Sunday-Thursday)  
**Website:** [www.fiveoaks.on.ca](http://www.fiveoaks.on.ca)

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

**\$450.00** (Canadian Funds) payable to **TOPS Canadian Retreat by Check or Money Order**

If you must cancel your reservation, contact **Canadian Registrar, Pat Hanson** immediately at **448-25<sup>th</sup> Avenue NE Calgary, Alberta T2E 1Y3 Phone: (403) 225-0181 Email: [mchanson@telus.net](mailto:mchanson@telus.net)**  
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. I do NOT include snacks in my 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. A swimsuit is not required
- Bring your personal care items and medication
- Accommodations are double occupancy with shared bathrooms
- Sleeping quarters are assigned at random to make new friends
- 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:**

**Cynthia Mack**

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 email address book  
in order to be certain you receive email from the Retreat Director**