



## TOPS Retreat General

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

**Site:** Chapel Rock Camp & Conf Center  
**Location:** 1131 Country Club Dr. Prescott, Arizona 86303  
**Dates:** March 11-15, 2019 (Mon. – Fri.)  
**Website:** [www.chapelrock.net](http://www.chapelrock.net)

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

**\$435.00** (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. **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.**

- **Altitude is 5,400 feet at the site and there is a lot of walking. This may lead to shortness of breath, dizziness and tiredness indicative of altitude sickness.**
- **Access to the second floor sleeping rooms is by stairs only.**
- Casual, comfortable shoes and clothing. A swimsuit is not required
- Bring your personal care items and medication
- 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 (bring extra towel if you need)
- 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:**

**Terri Ord** (Retreat Director)

Cell Phone: (425) 271-4446 (West Coast time)

Email: [key2kops@aol.com](mailto:key2kops@aol.com)

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