



TOPS Retreat General Guidelines

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

TOPS Retreats are for adult female and male members – 18 years and older

More information specific to this retreat will be provided in the
Welcome Letter from the Retreat Director

**All Canadian retreats can be paid in Canadian Funds
by check or money order - payable to TOPS Canadian Retreats**
If you must cancel your reservation, contact Canadian Registrar, Vici Hagel
at vhagel@hotmail.com or Box 1160, Shellbrook, SK, S0J 2E0 Canada

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

• THIS IS A NUT FREE FACILITY

- Bedding and towels are furnished
- Bring casual, comfortable shoes and clothing
- Bring your personal care items and medication
- Confidential matters are respected and treated as such
- Food substitutions are very limited
- 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
- No alcoholic beverages are allowed at this site
- Non-smoking buildings. Smoking outside of buildings in designated areas only
- Please do not bring food or drinks to retreat unless cleared with Retreat Director
- Please remain at the site except for emergencies while keeping outside contact to a minimum
- Topics that may be controversial are not used as subject matter
- TOPS Rules and chapter situations are not subjects of discussion
- Vegan eating plans cannot be accommodated

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