



## TOPS Retreat General Guidelines

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

<b>Site:</b>	<b>Shekinah Retreat Centre</b>
<b>Location:</b>	<b>Waldheim, Saskatchewan</b>
<b>Dates:</b>	<b>May 2-6, 2021 (Sunday - Thursday)</b>
<b>Website:</b>	<a href="https://www.shekinahretreatcentre.org/">https://www.shekinahretreatcentre.org/</a>

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

**\$520.00** (Canadian Funds) payable to **TOPS Canadian Retreat** by **Money Order or Check**

**If you must cancel your reservation, contact Canadian Registrar, Pat Hanson immediately at 448 25<sup>th</sup> Avenue NE, Calgary, AB T2E 1Y3 CANADA (403) 226-0181**

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.**

- **Linens and towels ARE NOT provided (Note: Bedding may be purchased separately: \$15 for single, \$20 for double. NO TOWELS ARE AVAILABLE – they must bring them). They can contact me to let them know what size bed they will have in May 2021.**
- 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
- Smoking outside of buildings in designated areas only
- 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:** **Ashley Fizer** (*Retreat Director*)

Cell Phone: (304) 982-0237

Email: [AshleyTOPSWV@gmail.com](mailto:AshleyTOPSWV@gmail.com)

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

Emergency Contact at Shekinah Retreat Centre: Lorelle (306) 945-4929