



TOPS Retreat General Guidelines

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

Site: Young Life Castaway Club
Location: Detroit Lakes, MN
Dates: August 23-27, 2020 (Sunday-Thursday)
Website: www.castaway.younglife.org

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

\$428.00 (U.S. Funds) payable to **TOPS Club, Inc.** by **Money Order or Check**

If you must cancel your reservation, contact US 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. **An evening snack will be provided.**

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.

IMPORTANT:

- **There is a significant amount of walking around the grounds.**
- **Not everything is in one building and stairs may be involved. There are NO elevators.**
- **Sleeping rooms will be 2 to a room with private bathrooms. There are stairs to different levels for the rooms!**
- **The ladies and men will have separate dorms.**
- Casual clothing and comfortable shoes for walking and exercise are perfect for the retreat.
- There will be swimming area, and a hot tub to use in our free time so **bring a swimming suit.**
- Bring your personal care items and medication.
- Sleeping quarters are assigned at random unless other arrangements have been made.
- No alcoholic beverages are allowed at this site.
- Smoking outside of buildings in designated areas only.
- Bedding and towels are provided.
- 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
(Cell) 425-271-4446 – West coast time
Email key2kops@aol.com

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