



TOPS Retreat General Guidelines

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

Site: Camp Chaparral
Location: Iowa Park, TX
Dates: September 13 - 18, 2020 (Sunday-Friday)
Website: www.campchaparral.org

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

\$445.00 (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.

- **Arrival: Sunday September 13th after 3:30 p.m.** Rooms will be assigned after that time. Sunday evening meal to be served at 6:00 p.m.
- **Departure: Friday September 18th at noon** (Lunch will be served at 11:30 am – you can stay for lunch or have your lunch packed to-go)
- 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
- Linens and towels 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:

Cynthia Mack (Retreat Director)

Cell Phone: (306) 586-2709

Email: 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