



TOPS Retreat General Guidelines

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

Site: RockRidge Canyon Retreat & Conf Centre
Location: 2000 Willies Ranch Road, Princeton, BC Canada P0X 1W0
Dates: April 3-7, 2020 (Friday - Tuesday)
Website: <https://rockridgecanyon.com/>

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

\$597.00 (Canadian Funds) payable to **TOPS Club, Inc.** by **Check or Money Order**

If you must cancel your reservation, contact **Canadian Registrar, Pat Hanson** immediately at **448-25th Avenue NE Calgary, Alberta T2E 1Y3 Phone: (403) 226-0181 Email: mchanson@telus.net**
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 cancelation 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.

- There is an elevator
- There will be 2 attendees per room
- 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
- 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
- Check out the website <http://rockridgecanyon.com/> to view this beautiful **5-star** location

Director for this retreat:

Terri Ord (*Retreat Director*)

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

Email: 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