



TOPS Retreat General Guidelines
Please save for future reference to help you in your plans to join us

Site:	Shalom Spiritual Center
Location:	1001 Davis St. Dubuque, IA 52001
Dates:	July 31 – August 4, 2022 (Sunday-Thursday)
Website:	https://shalomretreats.org

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

\$445.00 (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 cancelation fee on registration refunds will be charged*.

***In addition if retreat is charged by the facility, 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 or drinks to retreat unless cleared with Retreat Director.

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.

- Casual, comfortable shoes and clothing. A swimsuit is not required.
- There is a significant amount of walking around the grounds.
- Bring your personal care items and medication.
- Sleeping quarters are assigned at random to make new friends.
- Sleeping rooms will be single and double occupancy with shared bathrooms down the hall – dorm style.
- Sleeping, eating, and meeting all in the same building. There are three floors with an elevator.
- No alcoholic beverages are allowed at this site.
- Non-smoking buildings. Smoking outside of buildings in designated areas only.
- Bedding and 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.

Retreat Director for this retreat is: **Ashley Fizer**

Email: RetreatDirectorAshley@gmail.com

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