



TOPS Retreat General Guidelines

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

Site:	Miramar Retreat Center
Location:	121 Parks St. Duxbury, MA 02332
Dates:	September 25-29, 2022 (Sunday - Thursday)
Website:	https://miramarretreat.org/

This retreat is for adults (18 years and older), **female and male members**

\$483.00 (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 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.

ARRIVAL: Sunday, September 25 - Check-in will begin at the facility at approximately 4:00 P.M.

We will meet in the meeting room at 5:00 PM, followed by the evening meal.

DEPARTURE: Thursday, September 29 – After morning session. A sack lunch for travel will be provided.

I would appreciate everyone staying for the Thursday A.M. session. Please make your travel arrangements accordingly. We will leave the site at approximately 11:30 AM.

LODGING: There will be **2 attendees per room**

- Casual, comfortable shoes and clothing.
- 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 with one towel change
- 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** (*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

Emergency Information: Mary Francis Goodell 781-585-2460