



TOPS Retreat General Guidelines

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

Site: Chapel Rock Camp & Conference Center
Location: 1131 Country Club Dr. Prescott, Arizona 86303
Dates: March 7-11, 2022 (Monday – Friday)
Website: www.chapelrock.net

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

\$495.00 (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 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.

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.

- **Altitude is 5,400 feet at the site and there is a lot of walking. This may lead to shortness of breath, dizziness and tiredness indicative of altitude sickness.**
- **Access to the second floor sleeping rooms is by stairs only.**
- 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 (bring extra towel if you need)
- 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*)

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