



Retreat for Veterans

Would you like to improve the quality of your life? If so, this Camp Resilience retreat may be just right for you. This session will include workshops focused on wellness, resiliency and proactive living, all of which are designed to give veterans a variety of tools they can use to make their lives better. They will cover such topics as goal setting, relaxation techniques, improving relationships, healthy eating and financial management.

In addition to workshops, the retreat will also include sports activities like kayaking, hiking, the Aerial Treetop Adventures course at Gunstock Mountain resort, yoga, and water aerobics.

Lodging, meals and activities are all provided at no cost to the participants, but they must arrange their own transportation to/from Gilford, NH.



WHO:

Veterans who want to improve their lives

WHEN:

Oct 2nd – 5th, 2017

WHERE:

The Gunstock Inn
580 Cherry Valley Rd
Gilford, NH

APPLY:

<http://prli.us/apply/>

For more information about
Camp Resilience go to
<http://prli.us> or
www.facebook.com/CampResilience

Send questions to info@prli.us
or call (978) 219-4003.