



Women Veterans Retreat

This is a women's retreat with specific focus on taking steps into a place of greater benefit and bigger promise for self. Every woman needs reminders of the power within her to get past life challenges, while also understanding how to avoid what commonly drags her into places of hopeless stagnation. This 3-part program, "The Game-Changer Journey", does precisely that.

Weekend Workshops includes these 3 parts:

The Rewind: Turning Back Hands of the Body Clock

- A session of fun and mild fitness to bring back the delights and power of moving the body for total health

The Reset: Forging New Ways to Handle Life Challenges

- Strategies to help restore forward motion in the race of struggle

The Release: Just Be

- A time of self-care to last through the journey

Valerie is a Family Team Builder who believes, given the right tools, that parents can construct loving, productive Close-Knit Families. Valerie's experience as an Air Force Communications Officer gave her the foundational experience of leading military teams.

A **\$50 fee** will be required at registration, and **will be fully refunded** at the completion of the retreat. Our retreats are 100% drug and alcohol free. All lodging, meals and activities are provided to Veterans **free of charge**. Transportation to or from retreat not included.



Project New Hope INC.

Where Veterans Rebuild With Honor



May 24-26, 2019



Genesis Spiritual Life &
Conference Center
53 Mill Street
Westfield, MA 01085



Presenter:
Valerie Felder
United States Air Force

REGISTER FOR THIS RETREAT TODAY

www.ProjectNewHopeMA.org/Retreats

