



# WOMEN IN RECOVERY RETREAT

## FEBRUARY 6 - 7, 2010

### LOCATION

BILLIE SWAMP SAFARI

Speaker Meetings  
Recovery Countdown  
Drumming  
Daily Reflections  
Meditation  
Release that resentment activity  
Recovery hunt with PRIZES  
Talking stick circle

#### For information contact:

A One Coaching  
Laura Kelley  
561-577-3083  
Email: [lakel@gate.net](mailto:lakel@gate.net)  
OR

ICU Coaching  
Darlene Silvernail  
561-642-3103 or 561-396-0362  
Email: [ICUCoaching@aol.com](mailto:ICUCoaching@aol.com)

#### REMINDER - BRING:

TOWELS AND PERSONAL NECESSITIES

#### OPTIONAL :

FOLDING CHAIRS  
SNACKS

Arrive Saturday at 8:30 A.M. Retreat ends 11 A.M. Sunday. Plan to stay later and enjoy the other attractions. From 11-6 P.M. on your own you can visit the museum, be entertained and educated at the swamp critter show or reserve rides on the air boats or swamp buggy tours.

**Cost: \$100.00**

Includes Saturday Continental breakfast, Lunch and Dinner and Sunday Continental Breakfast

Comfortable Chickee Dorms with linen and pillows provided



### RETREAT REGISTRATION

NAME:

ADDRESS:

TELEPHONE:

FAX:

EMAIL:

You may pay via [www.paypal.com](http://www.paypal.com)  
The account is: [lakel@gate.net](mailto:lakel@gate.net)

#### Make check payable to:

Laura Kelley

And mail to:

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