



**Retreat Highlights**

**2 Nights, 5 Meals- Meetings & Nurture the MIND, BODY & SPIRIT of a Woman's Core in NA Recovery.**

**Friday night Bon Fire; Heated Pool; Canoe rentals; Ta-Da Boutique & Raffle Table to benefit future scholarship packages.**

**Massages by 'Little Relaxations' \$35 half hour, \$60 full hour Early massage reservations are highly suggested & being taken now.**

**Call 570-488-7378 to reserve your spot!**

**Register before AUGUST 11, 2018 \$165 Per Person/Dbl. Occupancy \$267 Single Occupancy**

**Registration Ends: AUGUST 11, 2018**

**\*\*Limited Scholarships Available\*\***

Check-in at 4 PM SHARP. Check out 12pm Sunday. Early arrivals are not permitted but you are invited to enjoy the retreat grounds & explore Waymart.

- \*Bring sturdy foot wear, rainwear, clothing layers, flashlight for the Bon Fire
- \*Pack your swimsuit to join our Water Aerobic Activity.
- \*Loose, comfortable clothing for Yoga & an exercise mat.
- \*Bring a Raffle Donation if you would like to support scholarships.
- \*Refrigerator space reserved for those who need to bring special foods.

**Bring a closed lid drinking container. Open containers are not allowed in the meeting rooms**

\$\$Bring Cash \$\$ for: Boutique items, Raffle Tickets, Canoe rentals & Massages!

*Address : Ladore Retreat & Conference Center  
398 South Street, Waymart, PA 18472.  
570-488-6129*

*Directions to Ladore Retreat Center are best found on Google maps.*

*If you have any questions, please feel free to contact*

*Michele P. @ 610-324-6428  
Denise R. 717-368-5928  
texts accepted*



**CUT ALONG HERE & MAIL REGISTRATION FORM**



Your Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Email (Confirmation sent via email) \_\_\_\_\_  
 Clean Date \_\_\_\_\_  
 Special Dietary Needs? \_\_\_\_\_ Handicap Access? \_\_\_\_\_  
**If registering for Double Occupancy: PLEASE NAME YOUR REGISTERED ROOMMATE** \_\_\_\_\_

Scholarship Registration? \_\_\_\_\_ Recipients will be chosen by lottery & notified by August 31, 2018  
 Are You Willing to Share? \_\_\_\_\_ Chair \_\_\_\_\_  
**REGISTRATION DEADLINE AUGUST 11, 2018. NO REFUNDS. SPACE LIMITED TO 60.**  
**Massages by 'Little Relaxations' \$35 half hour \$60 full hour. Call 570-488-7378 to reserve your spot PRIOR TO Retreat Date.**

**REGISTRATION**

**Retreat Packages:**

Double Occupancy \$165 \$ \_\_\_\_\_

Single Occupancy \$267 \$ \_\_\_\_\_

**Optional Charges:**

Scholarship Donation \$ \_\_\_\_\_

Trina C. Memorial Retreat Registration Package

\$ \_\_\_\_\_

**TOTAL** ----- \$ \_\_\_\_\_

Thank You!

**Make out checks or Money Order to:**

NURTURE YOUR CORE

**Detach this section & Mail to:**

NURTURE YOUR CORE

P. O. Box 370

Honey Brook, PA 19344

**REGISTRATION ENDS**

**AUGUST 11, 2018**

**Registrations received after**

**August 11, 2018**

**WILL BE RETURNED**



**October 12-14, 2018**

**2018 Nurture Your Core: NA Women's  
Retreat**

**Registration**

**\$165 Per Person, Double Occ.**

**\$267 Single**

**Deadline:**

**post-marked by**

**AUGUST 11, 2018**

**\*\*\*NO REFUNDS!!\*\*\* SPACE LIMITED  
TO 60**

**For more information, Google our  
website:**

**Nurture Your Core: NA Women's  
Retreat**

**Email:**

**nurtureyourcore@ gmail.com**

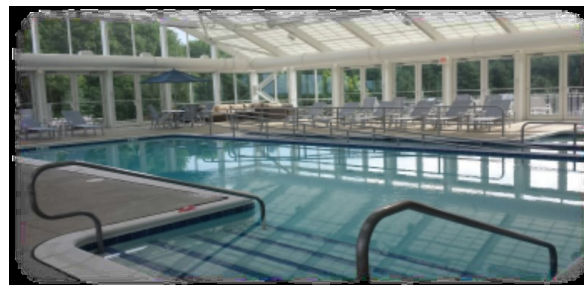
**Coordinators:**

**Michelle K. 610-724-7434**

**Denise R. 717-368-5928**

**Michele P. 610-324-6428**

**Gina S. 610-564-2122**

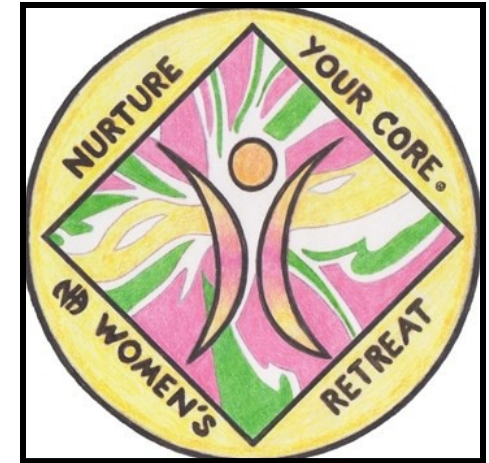


**2018 4th Bi-Annual  
NURTURE YOUR CORE:**

**NA**

**WOMEN'S RETREAT**

**OCTOBER 12-14, 2018**



**A closed Narcotics Anonymous  
Women's Event**

**2 Nights/ 5 Meals**

**Ladore Retreat & Conference Center in  
the Pocono Mountains,**

**Waymart, PA**

**18472**

**OCTOBER 12-14, 2018**

*Nurturing our Mind, Body & Spirit in NA*

**nurtureyourcore@ gmail.com**