



Reconnect N' Revive Retreat September 23rd -25th 2022



We are excited to see you all in person again for the 2021 **Reconnect N' Revive Retreat!** This promises to be an event that carries on 20 years of important work to support those living with breast cancer and beyond. At the same time, we will be creating new traditions and memories.

The Name of R n' R (Reconnect and Revive) retreat was created in 2017, and was chosen to represent the retreat being an opportunity for those living with or after Breast Cancer to reconnect with themselves, in mind, body and spirit, as well as connect with fellow survivors. It is also our hope that participants leave this retreat feeling fulfilled, refreshed and revived.

Once again, the venue will be **The Debert Hospitality Centre, located at 130 Ventura Drive, Debert NS.** This location provides a wonderful environment to "reconnect and revive". To find out more about the center, please see their website; <http://debertcentre.weebly.com>

Details of location

- All Bedding and towels are provided. However please feel to bring your own, if you have any sensitivities.
- In order to respect physical distancing as much as possible, we are attempting for each participant to have their own bedroom (full beds, Non bunk beds!).
- Each sleeping area contains its own full restroom with tub, communal area, mini fridge etc.
- All meals are included and freshly prepared onsite by the Debert Hospitality center chef. As the retreat take place in the fall, we hope to continue the tradition of a full **turkey dinner for our Saturday banquet.**
- The location offers wonderful amenities, such as an in ground **heated pool, hot tub, pool table, beautiful walking trails, and comfortable meeting rooms.**
- Many attractions, such as farmers markets, hiking and historic military "bunker" tours are located close by.
- The center sits on First Nations unsundered Sacred Grounds.

As we weren't able to be together in 2020, and see everyone's creativity and costumes, the theme of the Retreat for 2022 will be "Halloween Spooktacular" Please feel free to collect your best "not so scary" costume, and be ready for a Spooktacular time at the banquet Saturday night!

We have an exceptional agenda planned that will help us meet our goal of connecting and reinvigorating everyone. There will be crafts, jewelry, hiking, presenters, workshops etc. just to name a few!!

As this is an event not to be missed, please submit your registration early as spaces will be limited!

Registration can be completed and submitted online at <https://forms.gle/mCb5p5dgyLV7rhTd6>

Or printed and mailed to;

PO BOX 70076, Cobequid Dr. Lawtons PO.
Lower Sackville NS B4C 0B1

Please share this event with anyone who may be interested in participating.

For further questions, please contact Amanda at 902-222-6643



**Reconnect N' Revive Retreat
September 23rd -25th 2022**



Name: _____

Mailing Address:

Email: _____

Phone: _____

Emergency contact: _____

Phone: _____

Relation: _____

Attending:

- Full Weekend - \$75
- Saturday Only (Includes meals banquet, accommodation) \$60

For further questions, please contact Amanda at 902-222-6643

Office use:
Room: _____
Roommate: _____

***Please note that this year **we do NOT have Pettis Lodge** (building across parking lot) available to us, due to circumstances out of our control. All participants will be staying in the main building, which requires the use of stairs. **Those who indicate difficulty navigating stairs will be placed on the lower floors, however some navigating of stairs will be unavoidable.**

There are stairs within the facility. If stairs are an issue, what CAN you comfortably work with for the weekend? **6-7 steps/half flight** **12-14 steps/full flight** **I cannot climb steps**

If stairs are NOT an issue for you, are willing to be on a top floor? (3-4 short flight of stairs) **Y / N**

Do you have mobility issues and use a walker or wheelchair? **Y / N**

Do you need to be in close proximity to a toilet (same level, no stairs) **Y / N**

Do you have any dietary restrictions? **Y / N**

If Yes, please indicate any of the following that apply to you:

Celiac Dairy Allergy Vegetarian (still eat eggs and dairy) Vegan Other:_____

Accommodations

While physical distancing is not required this year, if you have a preference to share a room with a particular person, please indicate the name of the participant you would like to room with.

* Please advise the other participant to also indicate your name on their registration, so we know you are both in agreement.

* Please remember that room assignment is at random and cannot be guaranteed.

Name _____

(Rooms are assigned based on mobility issues, location traveling from first)

COVID

I understand that COVID-19 still exists in our communities. While masking and physical distancing is encouraged, I accept that am participating in the retreat a my own risk. **Y / N**

Payment

The cost of the 2022 Reconnect N' Revive Retreat is \$75.00 for the full weekend, or \$60.00 for Saturday ONLY.

Payment must be submitted NO LATER THAN SEPTEMBER 10th 2022.

Payments can be submitted by Cheque or e-Money Transfer.

Cheques

Please make payable to "Reconnect N' Revive Breast Cancer Retreat", and POSTDATED FOR SEPTEMBER 15TH 2021. **Please mail cheques to PO BOX 70076 Cobequid Rd. Lawtons PO, Lower Sackville NS B4C 0B1**

Emailed forms and Electronic Money Transfer (EMT)

Are also accepted, please send to; **breastcancerretreatns@gmail.com**

Cancellation

We understand that personal circumstances may change. Cancellations will be accepted until September 16th 2022, for a full refund.

I understand that if I cancel after September 16th 2022, I will not receive a refund of my registration fee. Y / N

*****OPTIONAL***. The cost to hold the retreat each year is much more than the \$75 registration fee. However we do not want the ability to pay to be a barrier to anyone attending. We are able to keep the registration cost lower due to the generosity of sponsors. If you would like to contribute towards the fees of a participant, or make a donation, please consider adding an additional amount when sending your registration fee. This is of course completely optional and any amount is appreciated, and will go directly towards the fees of the retreat.**

Thank you.