

Durango Women in Recovery Retreat

1st Annual

October 9 - 11, 2009

No Pets, No Kids, No Men, No Pressure!

What To Bring:

- Flashlight
- Sleeping bag & pillow
- Clothing for warm & cold weather
- Orange gear - it's hunting season
- Bug repellent & sunblock
- Comfortable shoes
- Folding chair & blanket
- Something for the Crafts table, if you are so inclined
- Towels for bathing
- Gear for mountain biking, hiking, yoga, etc,
- The book you're reading
- A drum or percussion instrument for a drumming circle
- That burden you've been carrying (for a "Burning of Care" Bonfire on Sat. night)
- An idea for naming this annual retreat and next year's theme (for a naming contest)
- An open mind and heart.



Theme: Practicing Principles in All Our Affairs

When: 3pm October 9th to 12pm October 11th, 2009

Where: Old Cascade Lodge, Boy Scout Cabin
Lime Creek Road, Durango, CO

Cost: \$70 until March 31st
\$75 register by May 31st
\$80 register by July 31st
\$90 at the door

Register now - space is limited to 50. Food is included. Registration is TRANSFERABLE but NON-REFUNDABLE. This is a retreat, not a workshop. It is open to all women in all recovery groups and will have a 12 Step focus. There will be speakers, activities and free time in the mountains.

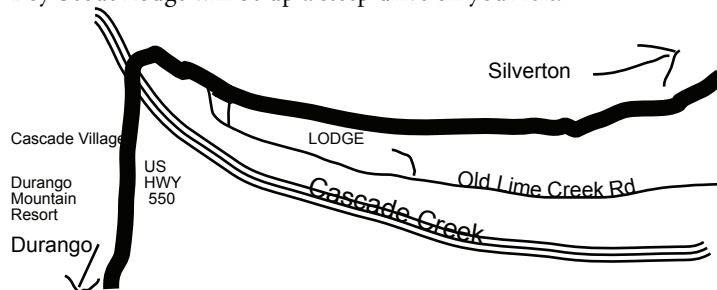
YOU CAN HELP! We are collecting new, un-wrapped items that will make good grab bag gifts. We are also looking for Silent Auction donations. The Silent Auction will help fund the retreat so that we can keep the cost low for attendees. Contact the Donations Coordinators listed below.

Important Numbers:

Registration:	Joan	970-799-8895
Program/Events:	Mary Ellen	970-769-4019
Donations:	Beanie	970-769-6262
	Mary	970-903-5009
Volunteer Coordinator:	Mandy	970-769-1991

Directions to the Cabin:

Follow US 550 north out of Durango, past Durango Mountain Resort and into San Juan County. Continue 1.5 miles north of Cascade Lodge. At the hairpin switch-back over Cascade Creek, make a right onto Old Lime Creek Road (FS Rd 591). Follow the dirt road several miles, watching for Women's Retreat signs. The Cascade Boy Scout Lodge will be up a steep drive on your left.



Register Today

Space is limited!



Durango Women in Recovery Retreat
C/O Joan Zwisler
36 La Plata Place, Durango, CO 81301