

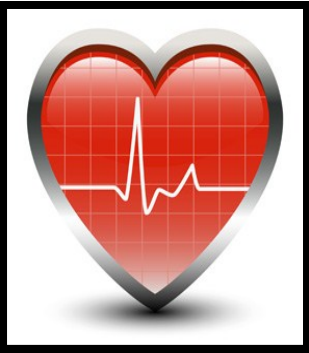
Lifestyle Renewal

Weight Reduction

Wildwood



**HANDS-ON
COOKING!**



Fiber Facts

Help for Arthritis

The Protein Myth

What About Sweets?

Phytochemical Arsenal

Understanding Calories

Energy Without Caffeine

Simple Home Hydrotherapy

Obesity and Lifestyle Diseases



Breaking Habits

Problem Solving

Decision Making

Overcoming Stress

\$740.00

EXERCISE FOR LIFE

Walking Program

Stretch and Strengthen

**A Lifestyle to Improve the Numbers:
Diabetes, Cholesterol, Blood Pressure**

www.wildwoodhealthretreat.org



Registration: Registration is by phone. The fee for the 14 day seminar is \$740 per person; the fee for the 7 day seminar is \$370. A deposit of \$150 (\$100 for 7 day seminars) per person is required to reserve a place in the seminar, and is non-refundable. To register contact Darlene: W: 931-724-6706. You may pay the deposit online using a credit/debit card: Go to wildwoodhealthretreat.org and click on the “Pay Deposit” tab.

Arrival Time: We invite all participants to arrive on Sunday after 3:00 PM. We will provide a light supper (at 6:00 PM), and then begin our program Monday morning. We will end on a Sunday morning after breakfast.

What to bring: All seminar participants will need to bring their water bottle, towels, laundry detergent, and other personal items. The Health Retreat will provide bed linens. Please bring comfortable, casual clothes. A pen and paper would come in handy for taking notes. Bring along some walking shoes—we have miles and miles of country roads that you might want to explore.

Housing & Food: All participants are provided housing on the Health Retreat campus. Participants will be housed in the Health Center or in a home adjacent to the Health Center; singles will probably have a roommate. We serve an excellent vegetarian diet (no animal or dairy products). Two meals plus a light supper are provided each day.

Computers: Wireless Internet access is available.

Dress: We ask for your cooperation in helping us to maintain a modest, “minimum distraction” environment both in and outside of the classroom.

Laundry: Laundry facilities are available. Participants should bring their own laundry soap (as well as other personal hygiene items, including toothpaste, soap, etc.).

Telephones: Telephones in the Health Retreat Campus can be used for local calls only. If you desire to make long distance calls you must have a pre-paid phone card. Cell phones work, but reception is sporadic.

Alcohol & Tobacco: The Health Retreat doesn't allow alcohol, tobacco, caffeine, or other drugs. We desire to maintain the healthiest environment for our staff and our guests.

Work Contribution: In an effort to keep our prices low (while at the same providing opportunities for our guests to take part in our ministry), we invite all participants to share in housekeeping and clean-up after meals.

Credit Card Surcharge: When credit cards are used (except when making a seminar deposit), we add a 2 1/2% charge. This covers the cost of accepting credit cards, and helps us keep seminar prices affordable.