

Your Heart's Desire™

October 31-Nov. 14, 2010

Wildwood
Health
Retreat



Education

- What Shall We Eat
- Fiber Facts
- Understanding Protein
- What About Sweets?
- Help For Arthritis
- Home Hydrotherapy
- Lifestyle Physiology
- Diabetes

- Health Education
- Structured Exercise
- Vegetarian Diet
- Menu Planning
- Cooking Instruction
- Spiritual Revival

For more information contact:
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 wildwoodhealthretreat.org
 Ph: 931-724-6706

Motivation

- The Weight Gain Process
- Finding Your Ideal Weight
- Fad Diets
- Eating Disorders
- Obesity & Lifestyle Diseases
- Junk Food Junkie
- Metabolic Syndrome

Planning

- Exercise & Sunlight
- Boosting The Immune System
- Battling Inflammation
- Lowering Cholesterol
- The Food Pharmacy
- Energy Without Caffeine
- Peaceful Sleep
- Menu Planning

Commitment

- Overcoming Stress
- Restoring The Frontal Lobe
- Decision Making
- God's Plan For Health
- Problem Solving
- Trading Habits
- Take It Off, Keep It Off

**BIBLICAL
SCIENTIFIC
PERMANENT**

LIFESTYLE CHANGE

Wildwood Health Retreat



Registration: Registration is by phone. The fee for the seminar is \$575 per person. A deposit of \$150 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 www.wildwoodhealthretreat.org and click on the “Pay Deposit” tab.

Arrival Time: We invite all participants to arrive Sunday afternoon (October 31) 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 Sunday (November 14) after breakfast.

What to bring: All seminar participants will need to bring their water bottle, towels, pillow, laundry detergent, and other personal items. The Health Retreat will provide bed linens. We expect the weather to be cool, so bring a light jacket and comfortable clothes. A pen and paper would come in handy for taking notes. Bring along some comfortable 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; access is limited to designated time periods.

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 (3 1/2% for American Express). This covers the cost of accepting credit cards, and helps us keep seminar prices affordable.