

# Women's Retreat

*For women living with neuromuscular conditions*

**Friday 11 - Sunday 13 November 2022**



This retreat is your chance to relax, rejuvenate & connect with other women who share similar journeys. Make new friends, & enjoy time with wise women.

Join the group for a 3 course welcome dinner on Friday night, before retiring to your luxurious room with a view. On Saturday sleep in, or browse the Bowral market, before lunch with the group followed by an afternoon of games & creative crafts. Saturday night we'll have canapes & drinks by the fireplace, listen to live music & share some laughs. Sunday morning participants can book a pamper session followed by coffee club & farewell circle.

*This is a **COVID safe** event so up-to-date vaccination status or medical exemption required. RAT testing prior to arrival & mask-wearing while not eating & drinking is encouraged.*

## WHERE?

Gibraltar Hotel, Bowral

## WHAT'S INCLUDED?

Your 2 nights' accommodation, dinner on Friday night, lunch on Saturday & breakfast both mornings.

*If you require a carer, you will need to make your own arrangements.*

## FUNDING

The retreat is funded by MDNSW Peer Connect Program & NDIS Core funding.

We will work with you to prepare a quote if you have NDIS Core funding.

# RSVP

**PLACES ARE  
STRICKLY LIMITED!**

To register please contact Carolyn at [carolyn.cm@mdnsw.org.au](mailto:carolyn.cm@mdnsw.org.au) or on 02 8986 9006 by Friday 30 September