

Women's Retreat

For women living with neuromuscular conditions

Friday 10 - Sunday 12 November 2023



WHERE?

Gibraltar Hotel, Bowral

COST?

\$100 per participant

WHAT'S INCLUDED?

Your 2 nights' accommodation, dinner on Friday & Saturday night & 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 can provide a quote if you have NDIS Core funding.

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 browse the Bowral market, lunch & shop with the group, followed by our craft afternoon of creative play. Saturday night we'll have a Pizza Pyjama Party, with laughs & games. On Sunday morning participants can book a pamper session followed by coffee club & farewell circle.

KEEPING OUR COMMUNITY SAFE

Please do not attend the event if you or any member of your family are unwell. We encourage RAT testing before attending the event.

RSVP

**PLACES ARE
STRICTLY LIMITED!**

To register please contact Carolyn at carolyn.cm@mdnsw.org.au or on 0408 472 510 by Thursday 31 August