

“Spirituality for the Second Half of Life”

a retreat for those aged 55+

- Date:** Friday, January 25th – Sunday, January 27th, 2019
- When:** Check-in from 4:00 p.m. – 5:30 p.m. on Friday
Check-out at 1PM on Sunday
- Where:** The McIver Center at The Retreat
1351 Wayzata Boulevard East, Wayzata, MN
- Fee:** \$220 per person, which includes lodging, food, materials, and a copy of Richard Rohr’s book, “Falling Upward”.
Scholarship funds are available.
- Register:** Complete the reverse side of this flyer. Space is limited.

A Weekend Retreat with Dede Armstrong and Friends

As we age, we gain wisdom, but also often focus on what we are losing or have lost. Sometimes fear takes over in a time of our life that can be rich and full.

Based on Richard Rohr’s book, “Falling Upward”, we will spend a weekend looking at how we can embrace this next stage of our lives, and the special spirituality that comes with it. Through lessons from the book, connection with each other, and meditation, we will take time to experience the excitement of this stage together!



Dede Armstrong, LADC, MSW, MA, has been active in her own recovery for over 17 years. She is the facilitator and coordinator of the 55Plus Recovery Program at The Retreat. Her academic background includes attaining a Masters Degree in Social Work from Columbia University in NYC in 1989 and a Masters Degree in Addiction Counseling from Hazelden Betty Ford Graduate School of Addiction Studies in 2016. She is passionate about helping those in the later chapters of their lives find the spiritual solution to their struggle with addiction.

Attendees will experience:

- An opportunity to **retreat** from the pull of the daily distractions in our lives
- **Connection and community** with others on this spiritual path, including group discussion
- Time for **reflection** to create space for healing
- **Nourishment**, with meals prepared by our award-winning chef



the retreat

Retreat Weekend Registration Form “Spirituality for the Second Half of Life”

Last Name: _____ First Name: _____

Organization: _____ Title: _____

Address: _____

City: _____ State: _____ Zip: _____

Day Phone: _____ Cell Phone: _____

E-mail: _____

Retreat Fee: \$220 (\$50 of this fee is a non-refundable/non-transferrable deposit)

My check made payable to The Retreat is enclosed.

Please charge my VISA/MASTERCARD/DISCOVER/AMEX \$ _____

CC#: _____ Exp. Date: _____

Name and Address of Cardholder (if different from above):

Please make your payment along with the completed Registration Form to the address below:

The Retreat | 1221 Wayzata Boulevard East | Wayzata | MN | 55391

952.476.0566 or 1.877.446.9283

Fax: 952.404.7208 www.theretreat.org

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The McIver Center at The Retreat, 1351 Wayzata Blvd. E., Wayzata

Sponsored by: The Retreat