

# Gratitude for the Second Half of Life

A retreat for those aged 55+ with Dede Armstrong and Friends

“It’s been ten years since I retired, seven years since I joined A.A. Now I can truly say that I am a grateful alcoholic.” *-Alcoholics Anonymous, p. 543*

As we journey through our lives, it can be easy to be swayed by those things that don’t go well. As our bodies and minds continue to change, we can often be justified in our resentments. In fact, sometimes this is where we find our connection with each other. What if we looked at our stories with a different perspective? What would our lives look like if they were viewed through the eyes of gratitude?

Come away for a weekend to join others in recovery as we get in touch with our wellspring of gratitude. We’ll tell stories, reflect, journal, and—most importantly—connect in fellowship.

**\$205/person**

includes lodging, food & materials.  
Scholarship funds are available.

**NOV 29 - DEC 1, 2019**

## SCHEDULE

4:00pm - 5:30pm FRIDAY // CHECKIN

1:00pm SUNDAY // CHECKOUT

## WHERE

The Mclver Center at The Retreat  
1351 Wayzata Boulevard East, Wayzata, MN

## REGISTER

Complete the reverse side of this flyer.  
Space is limited.

## 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** and contemplation
- **Nourishment**, with meals prepared by our award-winning chef



**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.

FOR MORE INFORMATION  
CONTACT

**Chris or Sherry @ 952.476.0566**  
**TheRetreat.org**

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PLEASE SIGN ME UP!

*If e-mailing this form, please do not include credit card information. If paying via credit card, please print and mail this form, or call us to process your payment.*

LAST NAME

FIRST NAME

ORGANIZATION

TITLE

ADDRESS

CITY / STATE / ZIP

DAY PHONE

MOBILE PHONE

EMAIL ADDRESS

**\$205/person**

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*\$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

\$

CREDIT CARD #

EXP/ DATE

NAME AND ADDRESS OF CARDHOLDER IF DIFFERENT FROM ABOVE

Please make your payment along with 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

theretreat.org

**Gratitude for the Second Half of Life**

**Weekend Retreat with Dede Armstrong and Friends**

Friday, November 29 – Sunday, December 1, 2019

Check-in 4:00 – 5:30pm on Friday | Check-out at 1:00pm on Sunday

The McIver Center at The Retreat

1351 Wayzata Blvd. E. | Wayzata, MN

SPONSORED BY : The Retreat

