

SAC HEALTH CONDITIONING RETREAT

APRIL 24 - 27, 2014

“A NEW BEGINNING”



RETREAT PRESENTERS

RIVER OAKS CAMPGROUND, 514 NEESES HIGHWAY, ORANGEBURG, SC

REGISTRATION FORM:

Name: _____

Date: ____/____/____

Address: _____

City: _____

State: _____ Zip: _____

Telephone #: (____) _____ - _____

Age: _____ (Opt. - for housing assignments)

Church: _____

Email: _____

Roommates: _____

Emergency Contact:

Name: _____

Phone #: (____) _____ - _____

Relation: _____

CHECK-IN: APRIL 24th: 1:00-4:30 P.M.

COST BREAKDOWN

COST:

4 PER ROOM - \$190.00 EACH

2 PER ROOM - \$250.00 EACH

PRIVATE ROOM - \$370.00

RETREAT PROGRAM - \$130.00

(INCLUDES MEALS, LAB TESTING [A \$250.00 VALUE], TOTE, WATER BOTTLE, NOTEBOOK, PEDOMETER, COOKBOOK, LECTURES & OTHER SUPPLIES)

HOUSING - \$240 PER ROOM

COMMENTS FROM PAST PARTICIPANTS

“God has truly blessed His Church with many talented presenters and they have served Him well.”

“Food preparation was excellent.”

“I especially enjoyed the devotions by Elder Peay.”

“I am thankful for the great improvement. I am a camper/pathfinder using out-houses, etc. but the new facilities are greatly appreciated.”

RETREAT PRESENTATIONS

Are you ready for a new beginning? The 2014 SAC Health Conditioning Retreat will give you relevant and practical tools for every day new beginnings for obtaining and maintaining your physical, mental, social, and spiritual health and wellness.

Sessions will include presentations from Christian experts in the following areas:

- Dr. Janice Hammond, a board certified OB-GYN presenting on women's health needs
- Dr. Melvin Preston, Family Life Director of SAC presenting on the critical impact of family dynamics on health wellness
- Dr. Kellie Smith presenting on dental hygiene and its impact on the body and mind
- Dr. Magna Parks ensuring we connect the head to the body and maintain and nurture our mental health
- Drs. Tracey and Debbie Wallace addressing overall physical health and wellness
- Dr. James Harris addressing the windows to our souls, the health of our eyes
- Dr. Michael McHenry presenting on the keys to personal fitness and healthy movement
- Mrs. Shannan Malone facilitating the Plan of Action session for developing individualized new beginnings post retreat
- And most importantly, the nurturing of spiritual health and wellness through daily devotionals with Dr. Ralph Peay.

The retreat as always will include delicious, healthy, but simple vegan meals that you can prepare at home and daily walking/physical activity sessions.



REGISTRATION DEADLINE - APRIL 9, 2014