

# TOTAL LIFE FITNESS RETREAT



**Total Life Fitness** is a holistic approach to wellness that builds a strong foundation of living fit, helping one move through the reintegration experience. Building resilience to adversity, total life fitness encourages an individual through mind, body, spirit and healthy relationships to focus on one's whole self.



Date: May 20-24, 2019

Location: Rose Haven  
Center of Healing



Address: 219 E. 3rd Street,  
Washington, NC 27889

Lodging: Pamlico House  
Meals: Carryout by Chrislyn  
Recreation Equipment:  
Inner Banks Outfitters  
Art Studio:  
Arts of the Pamlico  
Yoga: Copper Canyon  
Health Screening:  
Vidant Beaufort Hospital

## A five-day retreat for female Veterans to aid in reintegration

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*Reintegration for Veterans is often a road made rocky and uneven by the lasting effect on mind and body of events while serving. Female Veterans also face a jarring transition into post-service life because of socially conflicting expectations of women as mothers and warriors, often coupled with being a single parent. Some may struggle with the adverse influence of their prior service, often different and more debilitating than their male counterparts. Many female Veterans reintegrate without a support network. Building a strong foundation of wellness and promoting resilience to overcome the challenges of daily living and future uncertainty are critical to helping smooth the already difficult road of reintegration.*

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### Total Life Fitness

**Total Life Fitness (TLF)** is derived from efforts such as the Department of Defense's *Total Force Fitness* and the Department of Veteran Affairs' evolving patient-driven approach to serving Veterans. TLF is an integrated approach to well-being through promoting physical, mental, and emotional health. It connects mind, body, and spirit through the development of behavioral and interpersonal skills such as mindfulness, anxiety management, and social resilience. In addition, TLF includes meaningful and persistent attention to daily activities and events that feature healthy nutrition, exercise, meditation, and spirituality - all building resilience to aid those in recovery or experiencing symptoms of trauma.

### Retreat

**The Pamlico Rose Institute for Sustainable Communities (Pamlico Rose)** is the host of the *Total Life Fitness Retreat*. Our **Rose Haven Center of Healing** in Washington, NC will serve as the primary venue. The retreat will start at 1 p.m. on Monday, May 20 and close at noon on Friday, May 24. Located in Washington's historic district, the Center is less than a 5-minute walk to most retreat activity sites and the picturesque waterfront.

### Goals

- \* Receive introduction to TLF to promote wellness and build resilience;
- \* Learn to select, cook, and enjoy foods that optimize health and well-being;
- \* Participate in discussions on behavioral and interpersonal skills to help manage daily life and better facilitate reintegration challenges;
- \* Receive a health screening on site from an area hospital;
- \* Actively take part in yoga, creative arts, kayaking, biking, and gardening;
- \* Engage with other women Veterans with similar life experiences; and
- \* Complete a three-month course after the retreat through an online app consisting of daily lessons that continues the development of wellness.

## Daily Schedule

- Sunrise yoga
- Daily sessions introducing TLF skills to help ease reintegration
- Afternoon creative arts expression
- Preparation of three meals with a nutritionist during the retreat
- Daily outdoor activities - kayaking, biking, hiking
- Sunset walks on the waterfront
- Evening group discussions



For more information on this retreat, see:

<https://www.pamlicorose.org/retreat-1905/>

or contact:

Robert Greene Sands CEO  
Pamlico Rose  
[robert@pamlicorose.org](mailto:robert@pamlicorose.org)  
805-320-2967



## Retreat Schedule

The retreat offers a daily schedule that broadens the concepts that underlie wellness, healthy living, and behavioral and interpersonal skills that are critical to achieving TLF, while building resilience. The retreat also provides activities that utilize those skills and helps to develop overall TLF. Each day's schedule is designed around the retreat's purpose to inform and engage. Most activities will occur outdoors in Washington's historic district and along the Pamlico River. Nature provides a therapeutic backdrop to keeping life fit. One doesn't need to "get away to the country" to find natural places/spaces in daily life that will benefit sustaining TLF. The retreat takes place in an urban setting framing the social aspect of reintegration.

## Retreat Staff

The retreat staff has professional and applied experience in promoting wellness and resilience, several with experience working with Veterans. The staff will work closely with participants throughout the day and week as the retreat unfolds.

**Robert Greene Sands**, Director, Ph.D. – anthropology; CEO, Pamlico Rose Institute  
**Tracy Jackson**, M.D. – chronic pain and addiction medicine; CEO, Relief Retreats; CMO, Forsana; Consultant, Bright Heart Health

**Nate Galbreath**, Ph.D. – psychology; George Washington University

**Laura Sands**, M.S. – human nutrition and public health nutritionist; former Director, Women and Infant Children, State of Iowa

**Debra Torrance**, M.ED. – education and early childhood; Arts of the Pamlico Director

**Shannon Landrum**, Ed.D. – adult and community college education, Gaston College

**Jennifer Lewis**, RN – Community Health Improvement Coordinator, Vidant Beaufort Hospital

**Danielle J. Braxton**, MA, ATR-BC – military art therapist, Intrepid Spirit Concussion Recovery Center (ISCR), Camp Lejeune

## Who is eligible?

This *Total Life Fitness Retreat* is free and open to women Veterans who are actively involved in reintegration to civilian life. Personal motivation to learn about, and engage in, an integrated wellness and resilience program to ease reintegration is important. Participants agree to continue the goals of the retreat through a facilitated three-month online app. Although the retreat is designed to promote learning and application of TLF skills, participants will have the opportunity to connect with a community of women Veterans undergoing a similar journey.

## About Rose Haven Center of Healing & Washington, NC

The *Rose Haven Center of Healing* promotes healing in women Veterans through a reintegration experience that includes residential living, the arts, gardening, yoga, and other activities. Rose Haven includes a rehabilitated 1892 farmhouse as a reintegration home, its adjacent historic barn as a multipurpose support facility, and a healing landscape that includes meditation and produce gardens. The Center will also serve the local Veteran community. The gardens and grounds will near completion in the summer of 2019. The house will be completed in 2019, with the residential program slated to start in early 2020.

Washington lies within the Inner Banks of North Carolina at the headwaters of the Pamlico River, 25 miles upstream from the Pamlico Sound. Washington is a "connected community" featuring tightly-knit historic neighborhoods and a bustling Main Street district that offer a safe and public setting for a retreat that fosters reintegration. Located directly on the scenic waterfront, downtown Washington offers fine restaurants, antique stores, art galleries, performance centers, and more. The locale's natural beauty and temperate climate attract wildlife and outdoor sports enthusiasts and produce elegant and dramatic sunsets.

**About Pamlico Rose** - Pamlico Rose is a Washington, NC 501(c)(3) nonprofit that advances programs to help Veterans build resilience and reintegrate into communities. More about Pamlico Rose can be found [here](#).