



Total Life Fitness

A reintegration retreat for female Veterans

Rose Haven Center for Healing
219 E 3rd Street
Washington NC

March 6-8, 2020

Skills for Living Fit
wellness & resilience-building,
nutrition and healthy living,
mindfulness, stress management
and interpersonal competence,
yoga, art, gardening and hiking

Participants will be awarded three Continuing
Education Units (CEUs) *"Principles of
Interpersonal Skills and Resilience Building"*
From Beaufort Community College

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