

**Total Life Fitness (TLF)** is a holistic approach to wellness that builds a strong foundation of living fit, helping female Veterans move through the reintegration experience.

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.







**Reintegration for Veterans** is often a road made rocky and uneven by the lasting effect on mind and body of events while serving in the military. 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.

**TLF encourages** an individual to use the connections and integration of mind, body, spirit and healthy relationships to promote healthy living while building resilience to manage past adversity and trauma and face life's uncertainty and adversity. TLF is derived from efforts such as the Department of Defense's *Total Force Fitness* and the Department of Veteran Affairs' Whole Health patient-driven approach to serving Veterans. At the heart of TLF is the attention to and integration of life domains that are critical to achieving wellness and healthy living.

## Next retreat: March 6-8, 2020

*Pamlico Rose Institute for Sustainable Communities (Pamlico Rose)* announces the next TLF reintegration. The retreat introduces the notion of life fitness and models the importance of meaningful and persistent attention to daily activities and events through healthy nutrition, exercise, creative expression, yoga, connecting with nature, and team building to wellness. The retreat provides awareness and beginning application of behavioral skills such as anxiety management, mindfulness, interpersonal competence and the importance of self-transcendence as means to manage the effect of trauma and other experiences of stress that stand in the way of healthy living.

## Retreat 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;
-  Participate in yoga, creative arts, hiking and other activities;
-  Engage with other women Veterans with similar life experiences.

All participants will receive three professional CEUs and a certificate from Pamlico Rose and Beaufort Community College upon completion of the retreat.

## The Retreat

**Each day's schedule** is designed around the retreat's purpose to inform and engage. Many activities will occur outdoors in Rose Haven's Betty Ann Sands Memorial Gardens and 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. Each day will begin at 730 am with sunrise yoga and conclude by 8 pm following group discussion.



## Key Retreat Staff

*The retreat staff includes* subject matter experts with professional and applied experience in promoting wellness and resilience, several with experience working with Veterans. The staff will work closely with participants throughout the retreat.

- ❖ *Robert Greene Sands*, Director, Ph.D. – anthropology; CEO, Pamlico Rose Institute
- ❖ *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
- ❖ *Danielle J. Braxton*, MA, ATR-BC – military art therapy; Intrepid Spirit Concussion Recovery Center (ISCR), Camp Lejeune
- ❖ *Shannon Landrum*, Ed.D. – adult and community college education; Gaston College
- ❖ *Yoshi Newman*, Ph.D. – educational psychology; Certified Nature and Forest Therapy Guide
- ❖ *Jennifer Lewis*, RN – Community Health Improvement Coordinator; Vidant Beaufort Hospital
- ❖ *Kaitlyn O'Donnell*, BA – psychology; Vista/AmeriCorps, Community Resource Specialist

## Lodging & Food

Retreat participants will be provided lodging and parking. Meals will be provided.

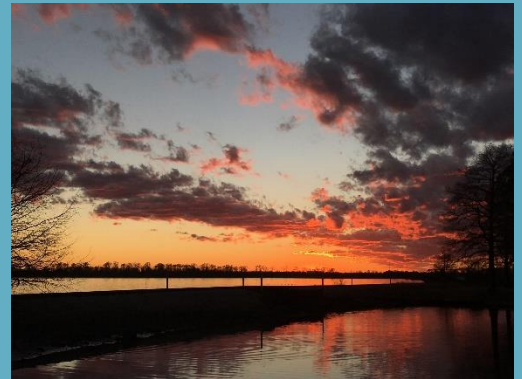


## Who is eligible?

*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. 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.



**Pamlico Rose** is a Washington, NC 501(c)(3) nonprofit that advances programs to help Veterans build resilience and reintegrate into communities. *The Rose Haven Center of Healing* in Washington, NC will serve as the primary venue. Located in Washington's historic district, the Center is uniquely designed to serve Veterans who may struggle with reintegration. It is less than a 5-minute walk to most retreat activity sites and the picturesque waterfront. 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.



**To apply for the retreat** and for more information on the TLF program, Rose Haven Center of Healing and Pamlico Rose contact Robert Greene Sands CEO of Pamlico Rose at [robert@pamlicorose.org](mailto:robert@pamlicorose.org)  
Or  
Vista Community Resource Associate  
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