

Adirondack Warrior and Warrior Family Fitness Retreats

Veterans, Active Duty Service Men and Women, and their Families

The retreats are open to any military service member who is serving or has served in any service at any time and their families. They focus on unique issues arising out of military service and its demands. The goals of the retreats are to enrich a sense of self, build a sense of community, and establish a network of future support. The retreats provide an opportunity to reconnect with a deeper sense of self by using the arts, nature, ritual and the common experience of the soldier and their spouses. The retreats will provide tools for sharing the important stories, learning how to re-engage with families and community and build a network with others who have shared similar experiences.



Warrior Retreat for Men

Paul Smith's College on St. Regis Lake, July 6 – 8, 2010



Retreat for Women

Wiawaka Holiday House on Lake George, August 9-11, 2010

In Formation



Wilderness Retreat for Men

for disabled and able bodied veterans

International Paper John Dillon Park on Grampus Lake



Warrior Spouse Retreat for Women

Hohmeyer's Lake Clear Lodge (tent.)

"This is the best thing that happened to me." 2009 participant

Presented by

Creative Healing Connections

Patriot Hills at Saranac Lake

www.creativehealingconnections.org