



CAMP HO MITA KODA



# WOMEN'S WELLNESS RETREAT

April 5 - 7, 2024 & November 8 - 10, 2024

## Renew, Restore, Refresh

Join us for the CHMK Women's Wellness Retreat. Here you will be immersed in social connection and emotional wellness, through a balance of relaxation and fun, while engaging in sessions and camp activities designed to build camaraderie and support.

This unique weekend is all about disconnecting from the daily grind, caring for yourself without distractions, being vulnerable, tapping into a community of T1D caregivers who understand, and creating memories to last a lifetime.



- Stay in cabins. All meals included!
- Scheduled yoga and guided painting sessions
- Interactive self-care management opportunities

- Engaging sessions include: Caregiver Burnout, Stress/Anxiety/Depression/Anger, Managing T1D Family Life, and More!
- Hiking, Campfires, Challenge Course, Boating, and other fun activities.

\$165/Person

Space is limited to 25 Participants

**Register Today**

[www.camphomitakoda.org](http://www.camphomitakoda.org)  
440-739-4095