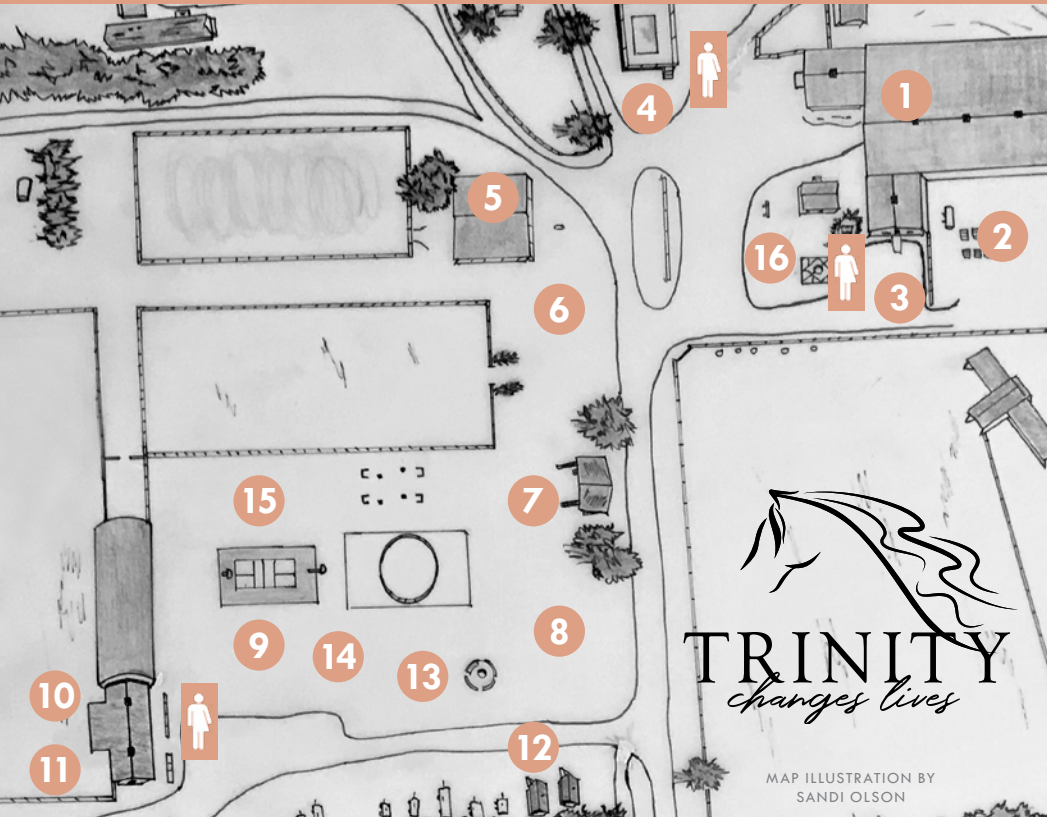


MAP OF TRINITY EQUESTRIAN CENTER

WDVA
WISCONSIN DEPARTMENT
of VETERANS AFFAIRS



- | | |
|-----------------------------------|----------------------|
| 1 EQUINE THERAPY ARENA | 9 PICKLEBALL* |
| 2 GARDENING: PLANT YOUR PASSION | 10 SHIELD OF SISTERS |
| 3 WOMEN'S HEALTH | 11 MEDITATION |
| 4 KEEP YOURSELF COOL | 12 DIY BIRD HOUSE |
| 5 MAIN STAGE | 13 ARCHERY PRACTICE* |
| 6 YOGA | 14 CORN HOLE* |
| 7 JOURNAL YOUR JOURNEY* | 15 LADDER TOSS* |
| 8 REGISTRATION TENT | 16 CONNECT FOUR* |
| VETERAN RESOURCES
IN HER BOOTS | RESTROOM |

* DENOTES SELF-GUIDED ACTIVITY

Thank you to all of the women veterans of our military branches, thank you for your service and everything you do to protect us. Our freedom is not guaranteed, it is provided to us by the men and women in our armed forces. Thank you all for your service.

Women Veterans Retreat

SUPPORTING, CONNECTING, & ADVOCATING
FOR WISCONSIN WOMEN VETERANS

moxie



JUNE 2 & JUNE 3, 2023
TRINITY EQUESTRIAN CENTER EAU CLAIRE, WISCONSIN

FRIDAY, JUNE 2 nd	
6:00 PM	REGISTRATION OPENS, #8
	PIZZA, S'MORES & ICE BREAKER ACTIVITY
8:00 PM	EVENING CONCLUDES
SATURDAY, JUNE 3 rd	
7:30 AM	REGISTRATION, #8
	LIGHT BREAKFAST & COFFEE, #6
8:00 AM	EARLY BIRD YOGA, #8 <i>Participants are asked to bring a yoga mat or towel</i>
9:00 AM	OPENING CEREMONY, #5
	"I WILL THRIVE " BY TYRA EILAND OF INVISIBLE BEAUTY , #5
10:00 AM	MEET & GREET WITH TRINITY HORSES, #1 Come meet our furry partners and see why we so committed to the work we do and the incredible things learned when you are close, connected and in relationship with a horse.
	IN HER BOOTS, #8 "In Her Boots" is a project to create awareness of the issues female veterans face. Combat boots will decorated by female veterans to signify your time in the military. Led by US Army Veteran Angie Nickels.
11:00 AM	USDVA WOMEN VETERAN HEALTH CARE, #3 The US Department of Veterans Affairs supports the health, welfare, and dignity of female veterans and your families by ensuring equal access to timely, sensitive, and quality care. Informational sessions provided by Sarah Rezin, RN, BSN, Women Veterans Program Manager Tomah VAMC.

11:00 AM	SHIELD OF SISTERS, #10 Founded in 2022, Shield of Sisters hosts restoration retreats for active duty, guard, reserve, veterans or family members who have suffered MST. Their Mission is to reach as many of our sisters as possible and provide restoration through retreats and the battle angel network providing peer support. Informational session provided by Master Resilience Trainer, Motivational Interviewer, US Army Reservist Penny Carlson.
NOON	LUNCH, #5
1:00 PM	IN HER BOOTS, #8
	GUIDED MEDITATION, #11
2:00 PM	USDVA WOMEN VETERAN HEALTH CARE, #3
	DIY BIRD HOUSE, #12
3:00 PM	END OF RETREAT

ALL DAY ACTIVITIES (11:00 AM TO NOON, 1:00 PM TO 3 PM)	
	GARDENING: PLANT YOUR PASSION, #2 Get your hands dirty and plant your seeds and yield great benefits!
	KEEP YOURSELF COOL, #4 Bring your swimsuit,towel and sunscreen and spend the day relaxing poolside.
	DIY BIRD HOUSE, #12
	JOURNAL YOUR JOURNEY, #7 (<i>self-guided activity</i>)
	PICKLEBALL, #9
	ARCHERY PRACTICE, #12