

# WELLNESS RETREAT FOR WOMEN VETERANS

○ AT  
CENTRAL  
OREGON  
WELLNESS  
RANCH IN  
TUMALO

## A ONE DAY WELLNESS RETREAT

Join us for a day of integrative wellness with an opportunity to try equine therapy, gentle yoga, mindfulness, breathwork and acupuncture with a Naturopath

### Focus on self care

- No horse experience necessary
- Spend time on unique and serene ranch
- Limited to 4 to 6 participants & women only
- Lunch provided
- Open to any women veteran in Oregon -
  - stipend for hotel and gas for those out of area
- An opportunity to visit ranch in advance and/or meet with woman Veteran peer support
- Established Veteran program
- Individual sessions also available
- More details available via email or phone



## RETREAT DETAILS

**MAY 31, 2024**

**8:15AM-4:30PM**

18602 COUCH MARKET RD. BEND, OREGON 97703

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PLEASE EMAIL TAMMY AT [HEALWITHHORSES@OUTLOOK.COM](mailto:HEALWITHHORSES@OUTLOOK.COM) TO RESERVE YOUR SPOT. FIRST COME FIRST SERVE - PAID FOR BY A GRANT FROM OHA