



DEFENCE

28 / 29
AUGUST 2021

Wellbeing RETREAT

COME AND ESCAPE FOR THE WEEKEND AT THE TOP ENDER WELLNESS RETREAT. WE WILL FOCUS ON STRATEGIES FOR SELF-CARE AND PERSONAL HEALING WITHIN A SAFE AND COMFORTABLE ENVIRONMENT.

The Top Ender Magazine are proud to present the Darwin Wellness Retreat 2021 to the veteran and defence community in the NT.

9.00 AM SAT 28 AUG TO 4.30PM SUN 29TH AUG 2021
CLUB TROPICAL RESORT, LEE POINT NT

- Must be a dependant over 18yrs (ADF member posted to RAN, RAAF or ARMY)
 - Be a veteran or veteran dependant (with DVA white card)
 - Complete an application and consent form (overleaf)
- Be open-minded and genuinely interested in learning about self-care and wellbeing

The cost of the retreat is heavily subsidised by grants and sponsorships, however guests have the option of attending the retreat as **overnight guest (\$79)** or a **day guest (\$49)**, which includes 2 full days of activities and meals.

All guests will receive a **FREE gift bag** packed with wellness goodies.

Complete the application form overleaf.

Applications and consent forms are to be submitted by **4pm Friday 16th July, 2021**. Selected guests will be notified by phone or email by Friday 30th July.

Apply Online!

www.thetopendermagazine.org.au

Or email application forms to:

chair@thetopendmagazine.org.au

Event POC: Deb Herring - info@yolocoach.com.au 0413 805 322

NB: your application will be forwarded to a third party organisation (YOLO Coach) for the purposes of project management and planning, however will be treated with strict confidentiality at all times.

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APPLICATION & CONSENT FORM

FULL NAME:
 ADDRESS:
 PHONE: EMAIL:
 POSTED UNIT: EMERGENCY CONTACT NAME:
 EMERGENCY CONTACT PHONE:
 RETREAT ATTENDANCE: OVERNIGHT GUEST \$79.00 DAY GUEST \$49.00

ARE YOU PHYSICALLY & MEDICALLY WELL*? Y N

IF NO, PLEASE SPECIFY:

CAN YOU PARTICIPATE IN HIGH INTENSITY ACTIVITIES (IE. ZUMBA)? Y N

IF NO, PLEASE SPECIFY:

DO YOU HAVE MEDICAL CONDITIONS OR INJURIES? IF YES PLEASE SPECIFY:

DO YOU HAVE ANY ALLERGIES, INTOLERANCES OR DIETARY REQUIREMENTS?

IF YES PLEASE SPECIFY:

CIRCLE **10** WELLBEING TOPICS THAT INTEREST YOU:

Goal Setting	Budgeting	Relaxation	Anxiety	Sleep
Mindfulness	Fitness	Managing Change	Confidence	Meditation
Zumba	Nutrition	Pilates/Yoga	Burnout	Motivation

OTHER TOPICS OF INTEREST TO YOU:

DO YOU REQUIRE A CHILDCARE OPTION? Y N AGE: AGE: AGE:

HOW DID YOU HEAR ABOUT THIS EVENT?

DO YOU AGREE TO PARTICIPATE WITH AN OPEN MIND DURING THE RETREAT? Y N

APPLICANT SIGNATURE: DATE:

*Answering yes to medical questions will not exclude guests, however will be used to guide retreat activities to suit the needs of each guest, where possible.
 The information provided on this form will only be shared on a need to know basis for catering and activities.