

*Under the Whispering Georgia Pines ...*

## **Post-Polio Wellness Retreat Promises Personal Attention, Renewal**

**W**ould you like an opportunity to renew your mind, body and spirit under the whispering Georgia pines? Would you like to have every one of your post-polio questions answered by unhurried medical experts and spend four custom-designed days sharing your stories and ideas, enjoying recreational activities, and learning more about how to stay strong and healthy in the years ahead? If “yes” is your answer, then you may want to attend the Post-Polio Wellness Retreat to be held at Roosevelt Warm Springs Institute for Rehabilitation (RWSIR) prior to PHI’s 10th International Conference (See page 8).

Based on two well-received post-polio retreats in Upper Michigan held in 2006 and 2007, this one is being planned by an experienced faculty led by Frederick M. Maynard, MD. Moving several steps beyond re-rehabilitation, the program will offer ongoing wellness approaches that promise to improve your overall health and quality of life. The group is designing a varied and flexible program that will appeal both to polio survivors and their retreat companions (spouse, significant other, caregiver, friend).

Participants will be asked to set retreat goals based on individual needs and preferences. At least 25 different topics will be offered as options for full group and breakout sessions, which will include both traditional and complementary approaches to staying healthy and well.

The retreat will take place at Camp Dream on the RWSIR campus starting at 2:00 pm, on Sunday, April 19, 2009, and ending about 10:00 am, Thursday, April 23, 2009. Enrollment will be limited to 55 participants, including companions. The fee, including food and lodging, is \$350.00 per person.

Camp Dream is a 74-acre recreational area in a natural but fully accessible

setting. Callaway and Lanier Lodges provide comfortable sleeping quarters with wheelchair access to private attached bathrooms featuring roll-in showers. Rooms have either three or four beds in them, which may necessitate sharing the space and getting to know your roommates.

Both lodges have great rooms and wrap-around decks that feature views of Lake Dream. The dining hall offers meals served family-style. Camp Dream has a woodland nature trail, a covered pavilion, and lake activities such as canoeing, fishing and kayaking. It is conveniently located near the Center for Therapeutic Recreation, a building which houses exercise, game and meeting rooms, and a mineral spring-fed pool. ▲

**Watch [www.post-polio.org](http://www.post-polio.org) and the next issue of *Post-Polio Health* (November) for details.** A short video describing the Upper Michigan retreats can be viewed at [www.baycliff.org](http://www.baycliff.org) (click on “post-polio”). If you don’t have access to the Internet, contact PHI and/or call Reenae White, Camp Dream Director, at 706-655-5715 weekdays from 9:00 am-5:00 pm EDT.

First-come, first-served enrollment will open soon with a cut-off deadline in early March 2009. Hope to see you there!

