



*“To care for him who shall
have borne the battle.”*

For more information, contact:
Mary Kay Haupt
La Crosse Vet Center
20 Copeland Avenue
La Crosse, WI 54603
608-782-4403

**MINDFULNESS
RETREAT
OUT IN NATURE
FOR COMBAT VETERANS**

TUESDAY, JUNE 25, 2019

8:00 AM TO 4:30 PM

**WISCONSIN ADVENTURES ON WHEELS
WILLARD, WIS.
20 MIN WEST OF THE HIGHGROUND**

WHAT DOES THE RETREAT ENTAIL?

The retreat agenda was designed so that combat medics/Veterans will listen to an opening keynote speaker who will address a mental health topic relevant to combat medics and those who have provided medical or mental health assistance to Veterans.

Following this, Veterans will engage in mindfulness activities outside which will offer many opportunities to visit with each other while spending time in nature.

Veterans will take a forest therapy walk with a forest therapy guide. Physical disabilities will be accommodated.

Activities include:

- Power breath training
- Building a cigar box guitar “Creating Music”
- Observing a hunting dog demonstration “Out in the field and in the water”
- Guided Forest Therapy Walk

Breakfast and lunch are included. The retreat is absolutely no cost to the Veteran. If you need help arranging transportation, please let us know.

DETAILS

“Allow nature’s peace to flow into you as sunshine flows into trees.” - John Muir

The retreat is provided at completely no cost to the participants. Veterans will need to provide their own transportation. Lodging is available the night before the retreat on the property with a cookout and campfire. There is a bunk house and camp sites on site which Veterans are free to use at no cost. See the application.

The Wisconsin Adventures on Wheels property in Willard, Wisconsin is located on over 300 acres and contains nearly 4 miles of paved trails. Veterans can walk or utilize golf carts to navigate the property. It has a large meeting room and kitchen facilities.

Website: <http://wawheels.org/>

Veterans are encouraged to visit the Highground Veterans Park, just 15 miles from the Wisconsin Adventures on Wheels property: <https://www.thehighground.us/>

The Highground is the only 24-hours a day manned Veteran’s Park in the United States. This 155-acre park honors all who have served in times of conflict and in times of peace. All veterans of any era have, at one point in their life, wrote a blank check made payable to “The United States of America,” for an amount up to and including their life. The Highground honors this commitment.