



# Women Veterans Wellness Retreat

**Saturday, February 26 • 9 a.m. to 3 p.m.**

In conjunction with Lutheran Military Veterans and Families Ministry and the Huntington County Veterans Service Office, Victory Noll Center will host this retreat for female military veterans.

The retreat is being held at no cost to any female veteran, regardless of age or from any service period including those currently serving. The focus of this program is to find positive self-care practices that female military members can use to work through their own unique experiences and negative stressors often found when returning home from deployment or even during active-duty service.

The caregiving team for this retreat includes women who have experienced combat, as well as other caregivers who understand and have been tending to the unique needs and challenges of veterans, especially female military members.

Victory Noll Center provides a safe and peaceful retreat location for this program, which allows individuals the means to relax as they begin their own individual journeys home. Activities will be available throughout the day including: positive stress practices, group discussions, or individual sessions with a team member. Veterans may learn about journaling practices, walk the labyrinth, or explore the beautiful Victory Noll campus.

**No Cost. Please register by February 19**

**To register for this retreat please call: (260) 356-0628 ext. 174  
or send the registration form below to:**

**Victory Noll Center, 1900 W. Park Drive, Huntington, IN 46750**

# Victory Noll Center

**A MINISTRY OF  
OUR LADY OF VICTORY  
MISSIONARY SISTERS**

**1900 W. Park Drive  
Huntington, IN 46750**

For more information,  
contact Victory Noll Center at  
(260)356-0628, ext. 174  
or by e-mail at  
victorynollcenter@olvm.org

**Visit our web site at:  
[www.olvm.org/vncenter.html](http://www.olvm.org/vncenter.html)**

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## Women Veterans Wellness Retreat

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### REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_