



Give Yourself A Break!

It is time for the annual FLRBA Adult Weekend Retreat.
Friday evening February 5 to noon Sunday February 7, 2010
Ramada Inn at the head of Seneca Lake in Geneva, NY.

Give yourself a break literally and figuratively. Give yourself a break from your regular routine and come spend the weekend with fellow burn survivors, family, and program providers.

Give yourself a break from stress, blame, worry, anger, sadness. Come and focus on healing, calm, forgiveness, and hope. Our theme for this year's retreat will focus on the process of forgiveness as it relates to personal trauma and learning to break unhealthy patterns.

The retreat will be co-facilitated by Paul Schwartzman, FLRBA President and Psychotherapist, Kelly Reed-Plasse, Burn Nurse at Clark Burn Center and FLRBA Board of Director and our featured guest will be FLRBA's own Matt Klapetzky, Strong Burn Nurse, FLRBA Board of Director, Youth Burn Camp Coordinator and burn survivor. Matt will share his own journey of forgiveness, healing, and growth and co-facilitate activities and discussions to encourage getting a break.

It is well understood that trauma has a unique impact on the body. This year's retreat will provide introductory instruction in yoga on Saturday afternoon. No special skills or clothing required. Research has demonstrated that yoga can have special healing powers.

It is also well understood that music goes a long way to give us a break. On Saturday night, we will have a private concert by singer/songwriter Connie Deming.

Please confirm your attendance by calling FLRBA at 585 482-6770 or emailing Flrba@frontiernet.net. A Block of rooms are reserved, please call the Ramada Inn to reserve your room. Groups rates are \$79 for a city view; \$89 for a lake view. FLRBA is picking up the cost of one night. All meals are provided.

Ramada Geneva Lakefront ▪ 41 Lakefront Dr ▪ Rt 5 and 20 ▪ Geneva, NY 14456
315-789-0400

Questions:

Paul Schwartzman – 585 377-2720 or Fairportcs@frontiernet.net

Kelly Reed-Plasse – (315) 415-4635 or cbcburnnurse@yahoo.com