

# *Help Us Celebrate Life!*



## *Quality of Life Retreats*

**W**e offer a holistic, participant-centered approach to educate, support and empower people living with HIV.

Our four-day retreats offer wisdom for living and coping with the disease and related challenges, as well as opportunities to connect socially and emotionally with others in similar situations for mutual support.



### **QUALITY OF LIFE RETREATS PROVIDE:**

- health and disease management insights;
- small-group dialogues and exercises;
- activities to build community and morale;
- optional worship and spiritual nurture;
- ideal settings where participants can meet and mentor, engage and encourage one another through personal sharing.

*Thanks for your support!*

A ministry of the Baltimore Washington Conference

The United Methodist Church

C/O P.O. Box 2209, Annapolis, MD 21404

Telephone: 410-972-1498

Email: [qualityofliferetreatshiv@yahoo.com](mailto:qualityofliferetreatshiv@yahoo.com)

Find out more at our Web site: [www.qualityofliferetreatshiv.org](http://www.qualityofliferetreatshiv.org)

