



Outdoor Active Retreat (OAR)

January 20-24, 2019

Breckenridge Outdoor Education Center (BOEC) hosts this winter retreat specifically designed for adults living with Parkinson's Disease. This retreat provides a unique, supported outdoor experience including three (3) days of adaptive skiing on the slopes of Breckenridge Ski Resort.



Schedule of Events

Day 1: 1:00-2:00pm: Arrival and getting acquainted.

Day 2: Full day ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort.

Day 3: Full day ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort.

Day 4: Half day (AM) ski/ride at BOEC Adaptive Ski & Snowboard School at Breckenridge Ski Resort. Afternoon Activity (TBD).

Day 5: Breakfast. Depart BOEC at 11:00am.

Based out of BOEC's **Scott Griffith Lodge**, activities include three (3) full days of Alpine and/or Nordic skiing & snowboarding, as well as stretching and movement exercises. All activities are customized to the interests and abilities of the participants to create a more welcoming and rewarding experience while immersed in the natural beauty and serenity of the Rocky Mountains.



Included in the cost is all lodging, meals, ski/snowboard instruction, equipment, lift tickets, and 24-hour staff support. Evenings at the Griffith Lodge are ideal for sharing stories, expressing joys, and sharing valuable insights with the other participants and staff. Attendees are encouraged to bring a spouse, friend or other guest who can provide them with support and companionship.



Cost for attendees is \$940 per person; \$500 for family, friends, and caretakers.
Scholarships may be available!