

Post-Polio Health International (PHI)  
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From Colorado:

Colorado Post-Polio 2016 Retreat, August 14-18, 2016, Easter Seal Rocky Mountain Village, Empire, Colorado (1 hour from Denver)

Do you remember the good-ole-days at camp meeting and laughing with your roommates, sleeping on the bottom bunk and sharing the bathroom? Or, do you want to experience a camping experience for the first time. Well, here's another chance to revisit that memorable time. You'll be surprised at what you can do!

Join us at the Rocky Mountain Village nestled in the foothills of the Colorado Rockies and participate in a mind, body and spirit renewal experience. The dates are August 14-18, 2016. All camp facilities are accessible and the paths and trails at the camp are also. Savor the clean air as you meet new friends and enjoy entertainment and fun events indoors and out - horseback riding, zip line, warm water swimming pool, and sing-along and BBQ to name just a few.

In addition to recreational activities, physical therapists, orthotists, and doctors who understand the late effects of polio will lead sessions to help you learn new ways to care for your mind, body, and spirit. Other topics include adaptive yoga, water therapy, communication with loved ones, caregivers and health care professionals, fatigue and pain management. And you have the opportunity to meet and enjoy persons who have had similar experiences, and make some new friends.

More about the Easter Seal Rocky Mountain Village:

Included are three delicious meals a day. A flexible and casual dining menu can allow for special dietary needs. There will be several types of lodging at the camp, since the historic 220-acre camp dates from 1948. Homebuilder's Lodge is a new three-story lodge accommodating up to 35 people. Besides an elevator, it has a conference room, a fully equipped kitchen, a cozy lounge area with a fireplace, eleven restrooms, and a combination of bunk and queen-sized beds. This lodge is not "roughing it." Frontier Lodge has 5 rooms with a combination of bunk and single beds accommodating up to 15 people. With 2 bathrooms, this lodge is conveniently attached to the main lodge allowing for your easiest access to the dining hall, recreation room, conference room and Genesee Hall. There are six newly remodeled cabins that comfortably sleep up to 10 people with fully accessible restrooms. Off-site lodging options are also available for those folks uncomfortable without upscale creature comforts – just ask for suggestions.

Contact Nancy Hanson at [nhanson@eastersealscolorado.org](mailto:nhanson@eastersealscolorado.org) for a registration form. International attendees: Be aware that the visa process can be lengthy.

<http://www.easterseals.com/.../ca.../rocky-mountain-village.html>