

Lanyard Colors

- Yellow- Chaplain/Peer Support
- Green- Clinician
- Orange- Speaker
- Red- Significant Other
- White- First Responder
- Purple- Volunteer
- Blue- Guest/Sponsor
- Black- Board Member

Chaplains/Peer Support

There will be a chaplain and peer support person available at all times during retreat hours in the atrium. **They are here for you.** Please take advantage of them if you feel you need to talk to someone.

Voluntary Meditation & Stretching

Voluntary meditation & stretching will be on Saturday and Sunday before breakfast at 7:30am in the ballroom. This is totally voluntary. No special clothing or mats needed.