



# Emotional Freedom Retreat October 6-13, 2024



**Event:** Emotional Freedom Week-Long Retreat Residential Program

**Date:** October 6-13, 2024

**Location:** Sunset Lake Camp

## **Description:**

Are you looking to break free from emotional burdens and embrace a healthier, more balanced life? Join us for the Emotional Freedom Week-Long Retreat Residential Program, taking place from at the beautiful Sunset Lake campus.

## **Program Highlights:**

- **Emotional Freedom:** Discover how to liberate yourself from emotional challenges and experience true freedom.
- **NEWSTART (8 Laws of Health):** We'll focus on the 8 fundamental laws of health to help you build a foundation for a healthier lifestyle.
- **Mental Health:** Emphasizing mental well-being, our program will provide tools and strategies to enhance your mental health.
- **Professional Guidance:** Throughout the week, a team of experienced health professionals will be available to offer insights, resources, & various health-related topics.
- **Limited Capacity:** To ensure personalized attention and a close-knit community, our program is limited to only 12 participants per year.

## **What to Expect:**

During this week-long retreat, you'll have the opportunity to:

- Explore the beautiful surroundings of Sunset Lake Camp.
- Participate in workshops, discussions, and activities focused on emotional well-being.
- Gain practical knowledge and healthy habits that you can implement in your daily life.
- Interact with a supportive community of fellow participants.

**Contact Information:** Don't miss this chance to find hope, improve your well-being, and allow your heart, mind, and body to heal. Secure your spot today and embark on a journey towards emotional freedom and a healthier lifestyle. If you have any questions or need more information, please reach out to Elida Jerez:

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