



SELF CARE: MIND, BODY & SOUL

national sisterhood of presbyteres biennial retreat

OCTOBER 11 - 14, 2019

Additional Information

Rates & Deadlines

- Early Bird Rate by July 8: \$175 Single Rm \$100 Double Rm
- After July 8: \$200 Single Rm \$125 Double Rm
- Registration Deadline is August 1
- Single Rooms are limited and will be assigned on a first-come-first-served basis.

Scholarships

- (1) Limited scholarships are available for widowed presbyteres. Please contact Nicole Keares at cnkeares@gmail.com
- (2) Please communicate with Nicole Keares at cnkeares@gmail.com if you have a financial concern regarding the retreat

Registration Forms & Payments

- Online & printable registration forms are available http://www.nsp.goarch.org/about_us/biennial-retreat/
- Credit Card Payments - please return to the NSP website retreat page and use the "BUY NOW" button to select room type and submit your payment. http://nsp.goarch.org/about_us/biennial-retreat/
- Checks payable to National Sisterhood of Presbyteres can be mailed to
Stephanie Thomas, 8959 Winding Way, Germantown, TN 38139

Travel Information

- If arriving by airplane, fly into either West Palm Beach (PBI) or Fort Lauderdale (FLL) airports
- Plan to arrive by 2:00 PM on Friday for shuttle pick up to the Duncan Conference Center
- Plan to depart after 1:00 PM for shuttle to airports
- Uber or taxi will cost \$30-\$60, depending on time of day and which airport

Accommodations

- ADDRESS: Duncan Conference Center, 15820 S. Military Trail, Delray Beach, FL 33484
- SINGLE ROOMS: A limited number of single rooms are available on a first-come-first served basis.
- DOUBLE ROOMS: If you don't have a roommate, please let us know and we can match up people.
- ROOM AMENITIES: Two Beds (Queen + Twin or 2 Twins), Private baths, Desk, Wi-Fi,
- Swimming pool and heated spa on the property.
- Public lounges in each building, which include a couch, side chairs, refrigerator, and microwave.

What to Bring

- Bible
- Comfortable clothes and shoes, church clothes for Sunday at Saint Mark Greek Orthodox Church, Boca
- Bathing suit for beach and pool, Suntan lotion

Additional Questions -contact Anastasia Leondis anastasia@bocabehavioralhealth.com or 561-961-9077