

# Beat Retreat



- ♥ 4 day weekend for adults with CHD
- ♥ Only camp of its kind in North America
- ♥ Medical professionals host Q&A and education sessions
- ♥ Activities – canoeing, archery, crafts, yoga and more
- ♥ To register or learn more [www.thebeatretreatcamp.ca](http://www.thebeatretreatcamp.ca)
- ♥ Subsidized by CCHA

*Forging friendships, building self-esteem and creating a network of support, all while having fun!*