



Warriors Write!

A Creativity and Wellness Retreat
for Female Veterans

Experience the Beauty and History of
Sylvan Dale Guest Ranch ~ A True Colorado Treasure

Warriors Write! serves female veterans in Colorado with a blend of creativity, wellness, and recreational activities. The program offers the chance to learn and grow from your life experiences, including past traumatic events.

Summer Retreat -- July 15-19, 2018

Join us for writing instruction and creativity workshops with published authors from Northern Colorado exploring different writing styles including memoir, fiction, poetry, and journaling. The retreat includes a variety of activities including meditation, yoga, hiking, horseback riding, archery, and tai chi. Following the July retreat, we'll gather every few months for daylong workshops delving further into writing techniques, recreational adventures, and continued wellness activities.

Warriors Write! is provided FREE to female veterans!

This exclusive program is limited to 16 participants.

Applications are due June 11th.

This program is for you if:

- You are a woman who served in the military
- You have an affinity for writing or would like to learn how to tell your story
- You would like to experience new things, connect with fellow female veterans, and learn techniques to turn struggle to strength.

Warriors Write! Applications due June 3

About the Heart J Center and Sylvan Dale Ranch

Heart J Center for Experiential Learning was founded in 2014 to provide transformational learning opportunities for people of all ages, with all programs based at historic Sylvan Dale Guest Ranch.

Heart J Center's programs make the most of Sylvan Dale's scenic location in the foothills west of Loveland, Colorado, which offers remarkable biodiversity, rich human history, and authentic Western heritage. Just an hour from Denver, Sylvan Dale is a world away!

Warriors Write! is a gift to female veterans from the Rita A. Aranow Family Fund and other sponsors.

Join us in July to slow down, experience nature, and connect with yourself and a new group of friends -- your fellow female veterans. **Your story is waiting to be told.**

Apply today at
www.heartjcenter.org/warriors-write

