Please Help Us **Celebrate Life** *by Supporting*
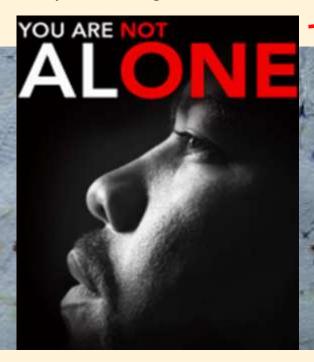
Quality of Life Retreats

A caring, connecting, coping experience for persons living with HIV/AIDS.

YOU ARE NOT **ALONE**

Established in 1988, Quality of Life Retreats is a regional support network ministering to persons living with HIV/AIDS.

By 2013 we have sponsored nearly 100 quarterly retreats serving more than 3,400 participants. With your help and participation we can continue to provide these life-changing, life-saving experiences.

Our mission is to provide a safe, loving, welcoming environment and offer practical, educational, spiritual and emotional support to persons who need it.

You and your church or organization can support Quality of Life Retreats by:

- Providing resource people who can offer relevant educational and medical information.

- Helping teach arts and crafts.

- Donating snacks, water, juice or sodas, and arts and crafts supplies.

- Contributing health and hygiene supplies (combs, wash cloths, soap, hair shampoo, toothbrushes, toothpaste, lotion, nail files, tissues, razors, etc.).

- Volunteering your time to help at a retreat.

- Making donations to fund retreat scholarships, which are approximately $225 each. (Attendees only pay a nominal $20 registration fee. The rest is subsidized.)

All contributions are gratefully accepted!

For more information, brochures, or to request a speaker for your congregation or outreach committee, please contact:

Raymond D. Shattuck, Board Chair

Phone (410) 972-1498

Web: http://bwcumc.org/ministries/quality-of-life/

Email: qualityofliferetreatshiv@yahoo.com

Facebook: https://www.facebook.com/qualityofliferetreatshiv.org

Twitter: QOLretreatsHIV

A Health and Wellness ministry of the Baltimore-Washington Conference.

2015 Quality of Life Retreats: *February 2 –5 at Washington (DC) Retreat House; June 4 –7 at Manidokan Camp & Retreat Center, Harpers Ferry, WV;   August 20-–23 at Manidokan Camp & Retreat Center, Harpers Ferry, WV;   December 7 –10 at Washington (DC) Retreat House.*