



**Breckenridge
Outdoor
Education
Center**

Parkinson's disease doesn't mean giving up the joy of outdoor activities.

OAR—Outdoor Active Retreats for Parkinson's

The Breckenridge Outdoor Education Center (BOEC) hosts a series of programs which provide unique physical outdoor experiences in an enjoyable wilderness setting, for people living with Parkinson's Disease.



During the 5 day/ 4 night winter program, participants will enjoy Alpine and/or Nordic skiing, Adaptive Yoga, stretching and movement exercises, and will participate in creative activities such as theater, dance, singing, and art and journaling projects.

In the warmer months activities will focus on adaptive (recumbent) cycling, flat-water boating (canoeing and/or rafting), hiking and peak ascents, and incorporate stretching, movement and balance exercises, adaptive Yoga, and other creative activities.



Each retreat is facilitated by trained, experienced staff and support people creating a vibrant, supportive group atmosphere. Participants can expect a highly active, fun filled and social week, in a unique and inspiring setting in Colorado or in the spectacular canyon country of Utah.



2012 Schedule: Outdoor Active Retreats for PD (and MS)

January 16-20: Winter Ski Active Retreat #1 - Griffith Lodge in Breckenridge, CO
Alpine Skiing, Nordic Skiing, Adaptive Yoga and exercise - \$850

February 21-25: Winter Ski Active Retreat #2 - Griffith Lodge in Breckenridge, CO
Alpine Skiing, Nordic Skiing, Adaptive Yoga and exercise - \$850

May 15-20: Utah Adaptive Cycling Expedition for PD and MS - mobile course in Utah
A road cycling expedition in Utah's Canyon Country - \$800

June Dates TBD: Summer Active Retreat #1 - Griffith Lodge in Breckenridge, CO
Cycling, Rafting and/or Canoeing, Adaptive Yoga and exercise - \$800

August Dates TBD: Summer Active Retreat #2 - Griffith Lodge and mobile camping in Colorado
Daily hikes, vehicle supported camping, and a peak climb in the beautiful Colorado Wilderness - \$800

September Dates TBD: Summer Creative Nature Retreat - Griffith Lodge in Breckenridge, CO
Focused on stimulating your creative self and enjoying the outdoors - \$800

The BOEC has been delivering adapted outdoor and therapeutic recreation experiences for 35 years. We serve many different populations and are uniquely suited to special needs in our staff experience, equipment and facilities.

For more information about an Outdoor Active Retreat contact the BOEC:

Check out our website calendar at www.boec.org

Call us at 970-453-6422 or 1-800-383-BOEC

www.boec.org