



# Calling All Long Island Women Veterans - Escape the Modern World to Refocus Your Mind, Body & Soul

## When

Friday, October 4<sup>th</sup>, beginning at 1 800 – Sunday, October 6<sup>th</sup> ending at 0900  
Rain or shine!

## Where

Pal–O–Mine Equestrian  
829 Old Nichols Road, Islandia, New York 11749

## Open to

Women Veterans and/or Active Duty

## Workshops

Horsemanship • Yoga • Pranic Healing Energy Work • Roping  
Equine Assisted Activities • Nature Expression • Nutrition  
Therapeutic Horticulture

This is a grant subsidized program.

Limited on-site lodging available on a first come, first serve basis

Light breakfast & lunch included. Dinner on your own.

*Limited to the first 20 women- Registration required by 9/16/24*



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