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REGISTRATION INFORMATION //

Retreat Dates:

Friday, Saturday, Sunday
November 2 – 4, 2007

Friday:

Onsite registration 3:00 pm – 6:00 pm
Dinner 6:00 pm

Sunday:

Closing program ends at 3:00 pm

Program Cost:

\$250.00 includes programs and meals
\$240.00 if paid in full by September 1, 2007
Deposit of \$125.00 due October 1, 2007
Full payment due October 19, 2007
No refunds after October 19th

Rooms and Room Cost:

Reserved and paid for directly
with Illinois Beach Resort
www.ilresorts.com
847-625-7300 (local) and 866-452-3224 (toll free)

Rooms are \$89.00 per room per night
Up to 4 guests per room

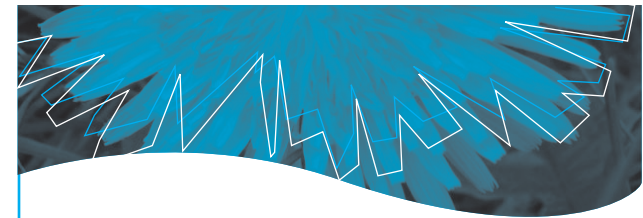
Register online at www.abundia.org

If you don't have access to a computer
for information and registration,
call Sandy at 630.455.9133



c/o Sandy Dixon
8731 Wedgewood Drive
Burr Ridge, IL 60527-6394

RETURN SERVICE REQUESTED



abundia

A three day retreat to a safe place
to share, learn and nurture yourself

November 2 – 4, 2007

Are you tired of putting your life on hold
until you lose weight?

Would you like to live life fully today
in the body you have?

a community for women of size



Register and learn more online at
www.abundia.org

ABUNDIA was created many years ago when a group of therapists, who are women of size, decided to meet to discuss ways to live fully, joyfully and abundantly in a culture that does not appreciate large women. Because they felt empowered by their gathering, they decided to expand their Abundia Circle and invite other large women to share the weekend with them. The first Abundia retreat was held in 1994 near Chicago. Since then women have been coming together annually to share their stories of pain and triumph with tears and laughter. By the end of the weekend they leave feeling supported and empowered.



ILLINOIS BEACH RESORT AND CONFERENCE CENTER, ZION, IL

Located directly on Lake Michigan on 4100 acres of natural beauty in a protected state park. Illinois Beach Resort is a full service hotel with rooms having 2 queen beds or 1 king bed, an indoor pool, hot tub and health club facilities.

Our Weekend Features

Personal growth workshops on various topics such as body image, self-acceptance, creativity, stress management

Movement classes

Massage (extra fee)

Laughter, quiet time and camaraderie

All activities and workshops are optional.

Check www.Abundia.org for more details.

Quotes from previous participants:

“The Abundia Retreat is the only place where I have experienced life without weight being a factor. I can take my armor off and breathe.”

Karen – Michigan

“Abundia is the one place in my life where I have experienced complete acceptance and love.”

Maryann – Cicero, IL

“Abundia is a safe haven and a supportive experience where we, as big beautiful women, can laugh, cry, share, dream, explore and get to know ourselves and each other.”

Cory – Burr Ridge, IL

Your Abundia Organizers



SANDY DIXON

My journey into size acceptance began in 2000 at my first Abundia retreat. I am an RN with a Masters degree in Exercise Physiology. Helping people live healthier lifestyles is the focus of my life. Yet, until Abundia, I felt only shame about my size. Today I can honestly say I feel good about myself, both inside and out. It is the strong women of Abundia that I have to thank for my good self-esteem. Isn't it time for you to take those first steps towards self-acceptance?

LEEANN ENRIGHT

My last diet was more than 15 years ago although at the time I didn't know it would be my last. I did know that I'd done everything under the sun to lose weight and never kept it off. When I first heard a few things about size acceptance the topic scared me. I went to my first Abundia in 2001 and more consciously began exploring the power of accepting myself as I am and living my life today. I am so excited to be working with Sandy to bring Abundia and its message of acceptance to other women. It's through gatherings such as Abundia that I continue my journey and growth as a woman with an unlimited number of adjectives to describe me, including fat.

