

A Christian Family Wellness Retreat

At The Missouri River Christian Camp in Dearborn Montana

October 13-15



Dr. Brad Harrub
Co-Editor of Focus
Press



Carol Wilcock
Clinic Director
Dynamic Health Technologies

Dr. Brad Harrub and Carol Wilcock will present on Friday Night October 13 and Saturday October 14
Family Wellness in Christ
Spiritual – Physical - Mental

Topics Include but are not limited to:

1. What is holistic health – Friday night
 - a. Spiritual
 - b. Physical
 - c. Emotional
 - d. Cognitive Health
2. Wellness in Christ – Friday Night
 - a. How to identify and stay on the narrow path
 - b. Bible prescriptions for health as verified by modern day medical science
3. Stress Management – Saturday morning
 - a. Understanding Chronic disease
 - b. Stress management tools from God's word
4. Home Health – Saturday morning
 - a. Single Parent Home Challenges
 - b. Working on Marriage Relationships
 - c. Raising Kids
5. Functional First Aid – Saturday afternoon
 - a. Healthy Habits
 - b. Functional tools for preventative medicine
 - c. Preventative medicine technologies
6. Breaking the Chains – Saturday afternoon
 - a. Addiction
 - b. Depression
 - c. How to gain Self Control
7. Question and Answer on Spiritual Solutions – Saturday afternoon

Church Services will be held Sunday October 15

Bible Class – Scriptural Remedies

Sermon – Why Christian Life is the Best Life

Make your reservations for over-night accommodations by sending attached form or calling 406-442-6798

Map and pictures of the camp may be found at www.rockymountainchristian.org

**Missouri River Christian Camp
Wellness Retreat Registration Form
October 13 - 15**

All campers must fill out this form

Fees: Adults \$10.00/night, Children \$5.00/night, Day only (no overnight) \$5.00 per person/day

Family Last Name: _____ First Name: _____
Head of Household

Street Address: _____ Home Phone: (____) _____

City: _____ State: _____ Zip: _____ Work Phone: (____) _____

Dates Reserved: Friday Night Saturday Night

Emergency Contact Person: _____
Name Relationship Phone

Names of Children in Party:

_____	Age _____	_____	Age _____
_____	Age _____	_____	Age _____
_____	Age _____	_____	Age _____
_____	Age _____	_____	Age _____
_____	Age _____	_____	Age _____

Special Needs (Medical, Physically Challenged, etc.):

(If more room needed please continue on reverse side of this form)

CAMPER'S ACKNOWLEDGEMENT OF RISK

I recognize that there is an element of risk in any adventure, sport, or camp activity. I assume full responsibility for myself, my family, and any minor child(ren) not my own but attending camp with me, for bodily injury, death, and loss of personal property and expenses thereof, except to the extent such damage or injury may be due to the negligence of the Camp. I agree that my family, including myself, will adhere to all Camp rules and regulations.

I have read and understand and accept the terms and conditions stated herein and acknowledge that this agreement shall be effective and binding upon the parties during the period of attendance at Missouri River Christian Camp.

Signed: _____ Date: _____
Head of Household

Mail to: Rocky Mountain Christian Institute Business Phone: 406-442-6798
1938 Belt View Drive Camp Phone: 406-468-9392
Helena, MT 59601