

# Times of Refreshing Wellness Retreat



**Experience Total Wellness The Refreshing Way!**

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## What To Bring

- King James Version Bible if you have one.
- Laptop if you desire
- Personal hygiene items
- Comfortable clothing (indoor and outdoor) appropriate for the season
- Pen and pad for note taking.
- Camera to take pictures of the scenery
- A willing heart

## What NOT To Bring

- Any media player (CD,DVD or MP3 without headphones)
- Any media that has sexual content and / or violence