

Refreshing Highlights

Inspiring Devotionals

Health Classes

Stress Workshops

Personal Consultations



*Warm
Caring
Staff*

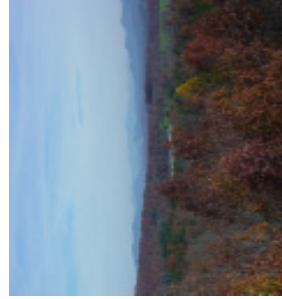
*Cleansing
and
Detoxification*



*The Healing Power
of Water
and Plants*

*Beautiful Mountain
Views*

*View from
Times of Refreshing
in the fall (left)*



Refreshing Testimonials

- Arthritis:** "My knees bothered me so much, but now I can walk five miles a day again!"
- Diabetes:** "My insulin levels were decreased by 66% after two weeks!"
- Breast Cancer:** "My lump was gone when I returned home! GOD'S PLAN helped rebuild my immune system."
- Prostate Cancer:** "My PSA dropped over 200 points in a two-week period!"
- Hypertension:** "My blood pressure normalized and I no longer need medication!"
- Obesity:** "I safely lost 15 pounds in two weeks and I learned how to keep it off!"

*2011 Retreat Dates**

19 Day Retreats	12 Day Retreats
Sept 25 - Oct 13	Sept 25 - Oct 6
Oct 23 - Nov 10	Oct 23 - Nov 3
Nov 27 - Dec 15	Nov 27 - Dec 8

*2012 Retreat Dates**

19 Day Retreats	12 Day Retreats
Jan 8 - Jan 26	Jan 8 - Jan 19
Feb 12 - March 1	Feb 12 - Feb 23
March 18 - April 5	March 18 - March 29
April 22 - May 10	April 22 - May 3
May 27 - June 14	May 27 - June 7
July 1 - July 19	July 1 - July 12
Aug 5 - Aug 23	Aug 5 - Aug 16
Sept 9 - Sept 27	Sept 9 - Sept 20
Oct 14 - Nov 1	Oct 14 - Oct 25
Nov 25 - Dec 13	Nov 25 - Dec 6

Dates are subject to change. Contact our office before making arrangements!

Times of Refreshing Wellness Retreat



Experience Total Wellness The Refreshing Way!

110 Reeves Rd. Blairsville, Ga. 30512
 Phone: 706-897-8537 Fax 480-287-9789
 Website: www.forwellness.org Email: info@forwellness.org

TIMES OF REFRESHING
 Total Wellness The Refreshing Way
 Acts 3:19



Refreshing Overview

Disease is the result of an overload of impurities and an imbalanced system. This toxic, out of balance system is the primary cause of diabetes, arthritis, heart disease, lupus, cancer and every other chronic disease from which we suffer. What is desperately needed is a thorough cleansing and the reestablishing of right conditions in the body that promote health. There are several channels of elimination of wastes. These include the colon, liver, kidneys, skin, and lungs as well as the lymph and blood. As these eliminative channels are relieved of their undo burdens brought on primarily by poor life-style choices and the body is rebalanced and nourished, health is restored by the power of God. God can and will restore all to health if He is glorified by the recovery. This cleansing and restoration is just a small part of an exiting, new life-style change that can help you achieve total wellness the “Refreshing Way!”

Thousands today are turning away from the harmful side-effects of drugs, chemotherapy, and radiation in favor of a more natural, rational, life-style approach to recovery. They realize that, if true healing is to take place, they must reverse the cause of disease and stop merely treating the symptoms.

As a health guest of ***Times of Refreshing***, you will receive tender loving care combined with informative, practical, life-style education that promotes physical, mental, and spiritual wellness.

There is refreshing hydrotherapy, juice therapy, herbal therapy and other natural remedies. You will learn the ten wellness principles called “***The Refreshing Way***” and how this new way of living can lead you to physical, mental and spiritual wellness. To top it off, you will be in beautiful Appalachian Mountains of North Georgia. **Come and get refreshed!**

Refreshing Description

Includes optimal cleansing of the eliminative organs; delicious total vegetarian foods; fresh fruit and / or vegetable juices; herbal supplements; hydrotherapy and/or massage; health classes; cooking classes, stress workshops; personal wellness coaching; inspiring devotionals; the application of the “The Refreshing Way” wellness plan from the Bible; and education in other natural home remedies.



Guests experiencing *Times of Refreshing*

We offer free shuttle service to and from Atlanta on the scheduled arrival and departure days. We ask that flights arrive as close to 12:00 noon as possible. Guests arrive on a Sunday and depart on a Thursday. For most of our guests there initial diet consists of several days of juicing to accelerate the cleansing and nutritional needs of the body. However, the health profile of each guest is analyzed individually and an appropriate life-style regimen is developed to meet the individual needs of each guest. There are personalized wellness therapy plans and regular reviews of the progress of each guest. Herbal therapy is administered throughout the program.

Directions from Atlanta

- Take I-75 North to I-575 North
- Continue on I-575 North; it becomes Hwy 515
- Go through Jasper, Ellijay, and Blue Ridge
- After passing Blue Ridge, pass mile marker 17, make a right onto Foster Road
- Go to the stop sign and make a left
- Make an immediate right onto Jones Creek Rd
- Drive approx. 1 mile and make a right on Reeves Road
- ***Times of Refreshing*** is the third house on right.

For other directions visit mapquest.com

What To Bring

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

Retreat Donations

One Guest

\$2,500 / Deposit \$1,000 for 12 Day Retreat
\$3,500 / Deposit \$1,000 for 19 Day Retreat

One Guest Private Room

\$4,500 / Deposit \$2,000 for 12 day Retreat
\$6,000 / Deposit \$2,000 for 19 day Retreat

Two Guests - Family Members (1 Guest Treated)

\$4,500 / Deposit \$2,000 for 12 day Retreat
\$6,000 / Deposit \$2,000 for 19 day Retreat

Two Guests - Family Members -(2 Guests Treated)

\$4,750 / Deposit \$2,000 for 12 day Retreat
\$6,500 / Deposit \$2,000 for 19 day Retreat