

From the Heart
17th Annual Retreat Registration Form
“Shining Our Light”

October 1, 2022, 10:00 am to 3:30 pm
The Place at Innsbrook, 4036 Cox Rd., Glen Allen, VA 23060
Number of attendees is limited to 125 total.

Your Name: _____

Address: _____

Phone: (h) _____ (c) _____

Email: _____

Circle which boxed lunch you would like to receive. Sandwich boxes include a bag of chips, freshly baked cookie, potato salad, a bottle of water, cutlery kits & appropriate condiments. Bottled water, a cookie, and crackers are included with the salad option. Hot tea and coffee will also be available.

- 1) **Sliced Roast Beef with Cheddar**, lettuce & ripe tomato on multigrain bread
- 2) **Vegetarian Wrap**, roasted peppers, onions, zucchini, squash & balsamic vinaigrette
- 3) **Orange Pecan Salad**, fresh greens, ripe tomatoes, red onion, glazed pecans, mandarin oranges & raspberry vinaigrette

(1) Add chicken to the Orange Pecan Salad (please circle) YES NO

DO YOU HAVE ANY KNOWN FOOD ALLERGIES? IF SO, TO WHAT? _____

ONLY FORMS MAILED TO ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson
3014 Westgate Drive
Richmond, VA 23235
804-233-4046 (h), 804-920-1542 (c)
elizabethwilliamson3300@comcast.net

Registration Fee \$40.00 per person (used to assist and defray the cost of running the Retreat.)
****Make Check Payable to From the Heart**.**

Your check #: _____ Amount: _____

For planning purposes, registration must be *received* on or before September 15th, 2022. Share the fun, bring a friend! Use one form for several attendees but be sure to note who wants which boxed lunch. Given the large number of people attending past Retreats and the difficulties posed by walk-ins on the day of the Retreat, **there will be no walk-ins** allowed so be sure to register both yourself and any friends in time for Beth to have your form(s) in hand on or before September 15.

Please also note that a photographer will be in attendance and photos taken may be used by From the Heart to promote future From the Heart events and/or activities.

No refunds will be given after September 15th, but substitutions will be allowed for any reason.