

**From the Heart**  
**17<sup>th</sup> 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**  
**Masks are required as incidence rates are high at the moment**

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 (vegan)
- 3) **Orange Pecan Salad**, fresh greens, ripe tomatoes, red onion, glazed pecans, mandarin oranges & raspberry vinaigrette (vegan if you do not add the chicken)

(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 15<sup>th</sup>, 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 15<sup>th</sup>, but substitutions will be allowed for any reason.**