

From the Heart
18th Annual Retreat Registration Form
“We Walk Better Together”
October 7, 2023 – 10:00 am to 3:30 pm
The Place at Innsbrook, 4036 Cox Road, 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 prefer to receive. Sandwich boxes include bag of chips, freshly baked cookies, piece of whole fruit, cutlery kits, bottled water and appropriate condiments. Bottled water, a freshly baked cookie, and crackers are included with the salad option. Hot tea and coffee also available.

1. **Turkey & Swiss** on sourdough, lettuce & ripe tomato
2. **Vegetarian Wrap** with roasted peppers, onions, zucchini, squash & balsamic vinaigrette
3. **Orange Pecan Salad** on fresh greens, ripe tomatoes, red onion, glazed pecans, mandarin oranges & raspberry vinaigrette
 - a. Add chicken to the Orange Pecan Salad (please circle) **YES** **NO**

PLEASE LIST ANY KNOWN FOOD ALLERGIES _____

ONLY REGISTRATIONS MAILED TO THE ADDRESS BELOW WILL BE ACCEPTED:

Beth Williamson
3014 Westgate Drive
Richmond, VA 23235
804.233.4046 (h) 804.920.1524 (c)
Elizabethwilliamson3300@comcast.net

Registration fee is \$45.00 per person. Please make checks payable to ***FROM THE HEART.***

Your check #: _____ Amount: _____

For planning purposes, registration must be received on or before September 15th, 2023. Share the fun, bring a friend! Use one form for several attendees but be sure to note who wants which boxed lunch. Attendance is capped at 125 so do not delay in submitting your registration. Sorry, no walk-ins allowed so be sure to register you and your friends **before September 15th.**

A photographer will be in attendance and photos taken may be used by From the Heart to promote future events and/or activities.

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